

ISSUE #187//NEW ZEALAND'S PREMIER ADVENTURE MAGAZINE SINCE 1981

NEW ZEALAND

# adventure

DEC/JAN 2014-15//WHERE ACTIONS SPEAK LOUDER THAN WORDS//

## STAND UP PADDLE BOARDING SPECIAL

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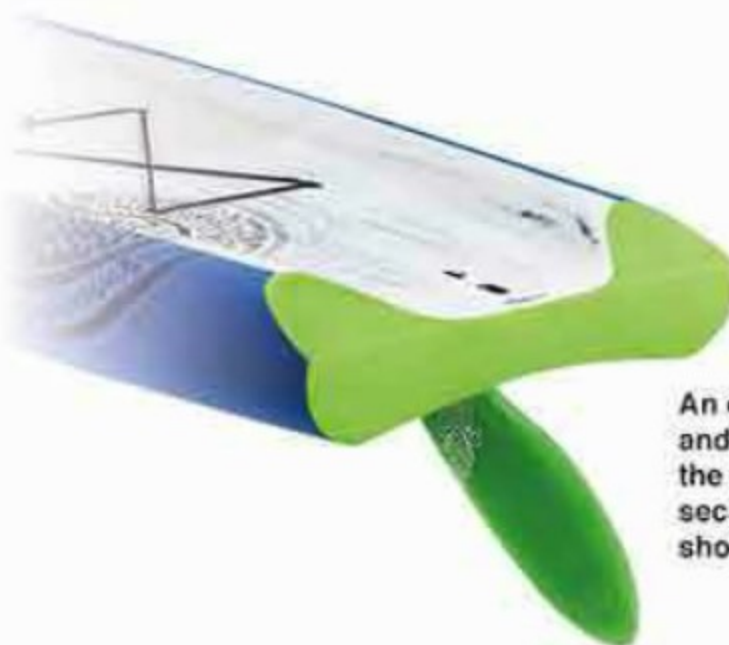
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# //187 adventure

## JUST ADD WATER

I can clearly remember the first time I saw the sea - I was 12 years old - which for most Kiwis would be hard to imagine but as a London boy we didn't get to see the sea. The closest I got was a local lake and I thought that was huge - imagine my surprise seeing the sea for the first time. The funny thing is that now my life is completely surrounded by water, salt and fresh. It is the medium, the canvas of my life - wet or frozen, salt or fresh; on it, under it, in it, water seems to play a daily role in my enjoyment and passion.

I understand that according to the evolutionists we all are evolved from fish and I am sure as a primeval tadpole which frolicked in the alluvial slime, having the time of our life was great, until some spoilsport decided it was time to move and we were needed up on land and swinging from the trees. But everyone I know is drawn to water - to swim, surf, kayak, paddle or even just look, water has an intrinsic value to us all. Even in life you can go for days without food but only a short while without water, it makes up 72% of our bodies so that it is only natural that is should be intrinsically linked to our levels of enjoyment.

This is the "Just add water" issue - the issue that looks at all things wet, it goes hand in hand with summer so whether on it, under it, or in it - enjoy!

— Steve Dickinson  
EDITOR

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steve@pacificmedia.co.nz*



On location at "the office" in November, 2014 Tahiti

COVER IMAGE: BY PATRICE CHANZY



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Image by Sean Davey

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### THE NORTH FACE ADVENTURE GRANT 2015

The North Face, the world's premier supplier of authentic, innovative, and technically advanced outdoor apparel, equipment, and footwear is now accepting applications for The North Face Adventure Grant 2015, presented by AG Outdoor and the Australian Geographic Society. The closing date for applications is 31 December 2014.

The grant is open to applicants from a wide range of areas including but not limited to rock climbing, trekking, alpine climbing, extreme endurance pursuits, skiing, snowboarding, B.A.S.E. jumping, kayaking and paragliding. The grant is designed to assist adventurers of all levels to step up and make their adventure aspirations a reality. The winner of the grant will be supported with a \$5000 grant from The North Face, along with \$2000 worth of The North Face gear, plus a \$3000 AG Society grant and an exclusive story on their trip in AG Outdoor. The winner will not only be equipped with the world's most technically innovative apparel and equipment, but will have the backing to make their dream expedition a reality.

The North Face Adventure Grant is open to residents of Australia and New Zealand only.

For more information on how to apply visit:

[www.thenorthfacegrant.com.au](http://www.thenorthfacegrant.com.au)



### KIWIS SET WORLD RECORD

After nine gruelling days Ben Southall (UK), Luke Edwards (AU), and Patrick Kinsella (UK) – aka The Global Adventurers – have completed a world-record setting challenge of running the nine Great Walks of New Zealand back to back.

The goal of completing the Great Walks in nine days was achieved with just 40 minutes to spare. Extended drive times led to the boys having to run through the night on the 78.4km Heaphy Track, in turn pushing back the start of the Wanganui river paddle, where water levels were too high to safely kayak through night, forcing the difficult decision to leave the river before the full completion of the 145km. Well done boys!

### CRANKWORX ROTOTUA

Crankworx is the world's largest mountain biking festival and it will be in Rotorua from 25 – 29 March, 2015 featuring the best pro-athletes as well as competitions, concerts and culture.

The week will include: The Official Opening, Australasia Whip Off Champs, Rotorua Pump Track Challenge, Dual Speed and Style, Downhill, Crankworx Rotorua Enduro and the kickoff of the Crankworx Triple Crown of Slopestyle. There will also be the Bikes and Beats Music Festival featuring New Zealand's top artists and for the families – Kidsworx as well.

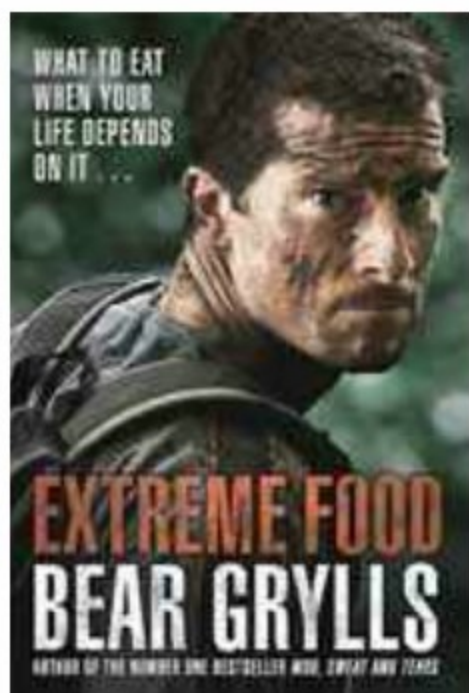
Kidsworx events will include Pump Track Skills Sessions, Pimp My Bike, Hipster Downhill Race, Big Game Hunt Competition and a Criterium.

Kiwi Enduro World Series Trek Racing Team rider Justin Leov says to begin the professional mountain biking season on home soil will be a confidence boost and he can't wait to see family, friends and supporters at the festival.

The pricing for a five day pass is Adult: \$69NZD\* and child (14 years and under) \$49\*. A one-day pass is Adult: \$35\* and Child: \$25\*. All passes include Skyline Rotorua gondola access and tickets can be bought through Ticketmaster with a link accessible at [www.crankworx.com/rotorua](http://www.crankworx.com/rotorua).



Image by Graeme Murray



### WHAT TO EAT WHEN YOUR LIFE DEPENDS ON IT... BY BEAR GRYLLS

"There's no getting away from it; I've eaten some pretty extreme things in my time – live tarantulas, raw goat testicles, elephant dung, you name it. In a situation when your life depends on it, you need to put your prejudices aside to keep your stomach filled and your strength up. Whether it's mastering the art of foraging and cooking up a tasty feast around the campfire or learning about the more extreme end of wild food (ever tried a scorpion kebab?), there's a lot to learn when it comes to dinner time in the wild. This book will teach you all the necessary skills and techniques to get your teeth into meals you might never have thought of as food in the first place – and, crucially, how to recognize plants and animals that might end up doing you more harm than good."

### ULTIMATE WATERMAN

The Ultimate Waterman is a new and unique international surfing event that will be hosted in Auckland, New Zealand but will venture to where the best conditions are on offer – whether that is huge waves for tow-in-surfing at the bottom of the South Island or calmer conditions at Takapuna for stand up paddleboarding (SUP).

The event, to be held on March 14-21, 2015 and is by 'invitation only' for just eight athletes, who will compete in six different surfing disciplines over eight days. The six disciplines are shortboard surfing, longboard surfing, stand-up paddleboard (SUP) endurance and SUP surfing, waka-ama endurance and tow-in surfing.

Challengers confirmed for The Ultimate Waterman include Daniel Kereopa along with Kai Lenny (HI), Manoa Drollet (PFY), Mark Visser (AU) and Danny Ching (USA).

# GoPro Introduces **HERO4**

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- 12MP magazine cover-quality photos at burst speeds of 30 photos per second
- Updated user-interface with improved discoverability and access to key camera controls
- 50% faster Wi-Fi\* combined with Bluetooth® delivers enhanced GoPro App performance and improved power management

"Each frame of a 4K video is similar to an 8.3 megapixel photo. The result is that users can simultaneously capture eye-popping 4K video and impressive 8.3 megapixel photo-like video stills at 30 frames per second when using HERO4 Black. It's one of the many wild capabilities of this impressive new device."

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# ADVENTURE IN PARADISE

## Welcome to Paradise

Paradise Taveuni is a secluded and remote boutique Resort. With panoramic ocean views against a lush tropical Rainforest Mountain back drop, **Paradise Taveuni** offers the ultimate Holiday for couples, families, divers and **adventurers** looking for their own piece of paradise. The unique deep water frontage allows Guests to scuba dive, snorkel and swim from the lava flow edge into pristine warm tropical waters at any time. There is so much to do... hiking, guided tours, waterfalls, natural rockslides, blowhole, caving, Island boat tours, scuba diving, snorkeling, swimming, hunting, kayaking, and cultural experiences just to name a few.

*Here are some of the activities in detail:*

### Hiking In Paradise

Enjoy a scenic coastal drive to the Bouma National Heritage Park to discover the beauty of the Tavoro Waterfalls. A 10 minute walk to the first and most famous waterfall of Fiji, and decide whether to go onward to the picturesque second and third falls.

You may also wish to experience another one of Taveuni's natural wonders - The Lavena Coastal Walk. A 3 hour return hike along a coastal and rainforest track to find another tropical waterfall. Return to Paradise, stopping along the way at the **Waitavala Waterslide**, **180 Meridian Line** and **Wairiki Catholic Mission**. The **Waitavala Waterslide** is a natural waterslide made from the erosion of water over rocks making the stones smooth to slide down. Watch your guide or one of the locals before attempting to slide as the

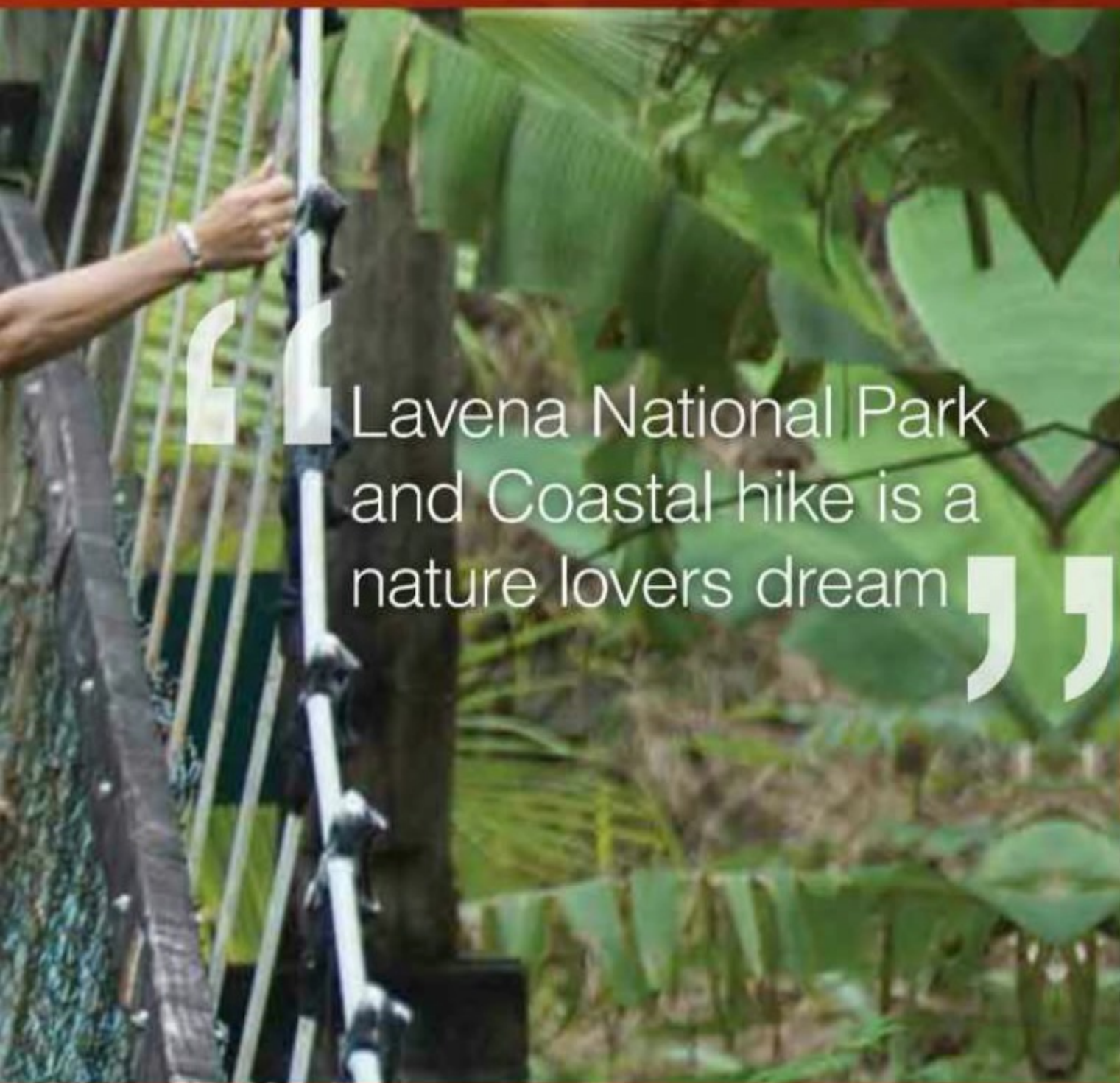
conditions vary with the water flow and can be dangerous. The **180 Meridian Line** passes through Taveuni and you will visit the sign erected to mark the spot where today and tomorrow meet. Take a photo of you time travelling on Taveuni! The **Holy Cross church** and **Wairiki Catholic Mission** was built in 1907 and overlooks the playing field and Somosomo Strait. An important canoe battle between the invading Tongans and the fierce Taveuni warriors took place in this area and the mission was built to thank the French Missionary who helped the local warriors with their fight strategy. The stained glass is thought to have been imported from France and in the presbytery there is a painting of the famous battle.

### Snorkelling Safari

Our local guides will escort you to the departure point, where you will embark on a voyage of discovery. 1 - 2 hours. Wet suit hire is recommended to protect you from the Fiji sun. Please note that House Guests are offered complimentary use of mask, snorkel and fins.

### Taveuni Explorer

Now introducing to our custom made fleet, a 12 meter dive and tour boat, the '**Taveuni Explorer**'. An aluminum catamaran with 2 decks, sleeping compartments and toilets below. Powered by twin 330HP Iveco inboard engines, the Taveuni Explorer takes 45 passengers + crew. The Taveuni Explorer offers day trips to the nearby tropical islands and dive trips. Over night dive expeditions for keen divers is also a must. See graphic on right for new routes.



“Lavena National Park and Coastal hike is a nature lovers dream”



### Diving In Paradise

If you are a diver and you are looking for the best soft coral diving in the world, then **Paradise Taveuni** is your destination. Not only does Taveuni offer more dive sites than anywhere in the Pacific, but it is also home to one of the top 5 soft coral dive sites in the world - the **Legendary White Wall site on Rainbow Reef**.

The Somosomo Strait (Fijian for 'good water') has strong tidal currents, which provide a constant flow of nutrients, idyllic for soft coral growth and diverse fish life. Taveuni is also world renowned among divers worldwide as being **'the soft coral capital of the world.'**



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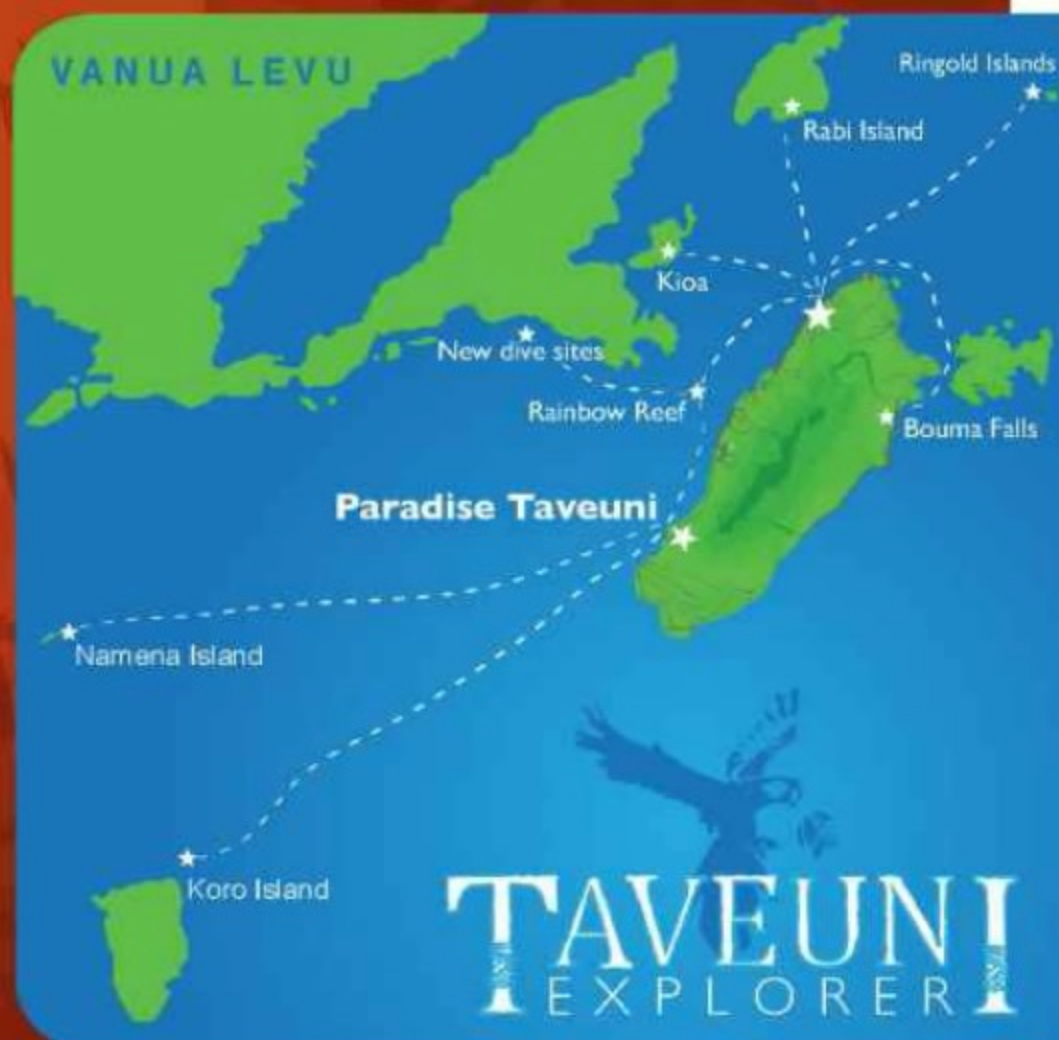
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PARADISE  
TAVEUNI - FIJI



# ONE MONTH IN

Words and Images by Barney Young

## PARADISE NZ

When planning an adventure to New Zealand forward planning is key because the chances are it's going to be the trip of your lifetime! Summer is the best time to come 'down-under', so be sure to book your holiday between November – February to ensure the good weather.

For most European paddlers, Auckland is the logical starting point for your NZ road trip. Despite being a whitewater desert it has a large international airport and it is a great place to buy or rent a vehicle. Chances are that upon arriving in Auckland you'll want to get out of the city ASAP so my advice is to have everything lined up before you arrive. If you are coming for less than 6 weeks renting is better than buying, as it's a hassle free option, which allows you to get straight onto the road, and exploring the spectacular country.

If you want to buy your own vehicle [www.trademe.co.nz](http://www.trademe.co.nz) is the best website to use. There are also numerous backpacker car markets but be aware these people have probably done as many oil changes as you plan too. Unlike in Europe, getting insurance is cheap and easy so make sure you get it. After buying your van stop by the nearest hardware store to buy materials for your bed then it's ready-set-go.

Once on the road, the North Island paddling hub of Okere Falls is based just 15 minutes out of Rotorua and on the banks of the Kaituna River. This is where you need to be heading.. Unlike many rivers that have risen to international acclaim, what makes the Kaituna River so special, is not its difficulty but its ease. Its short length, reliable flows, warm water and roadside access make it one of the best after work runs on the planet. As a result many of the World's best paddlers have chosen to make Okere Falls home or their summer training base.

The often overlooked, but spectacular lower gorge run also provides some of the best kayaking you'll find. The narrow and constricted nature of this run means often wood can be get trapped so it's always good if you can convince a local guide to join you. If you happen to be around during summer and it's a Sunday, the dam released Wairoa River is another great class IV pool drop style run that is worth checking out.

After a few days warming up at the Kaituna River and having had your fix of German beer at the local store (run by German paddler now local –Andi Uhl.) you'll be ready to head South. On the way make sure to stop in and check out Huka Falls, on the Waikato River and near the city of Taupo. If you're feeling game this is your chance to get your 'park-and-huck' on in front of the most spectators you'll see while NZ kayaking. Most first timers like to catch the falls between about 40-80 CUMECs and at this flow it has a pretty manageable lead in and in the class IV-IV+ range.

About now you'll want to start booking your Cook Strait ferry tickets to the spectacular South Island and home of heli-boating. There are two companies you can use - The Interislander and less frequent but cheaper Bluebridge.

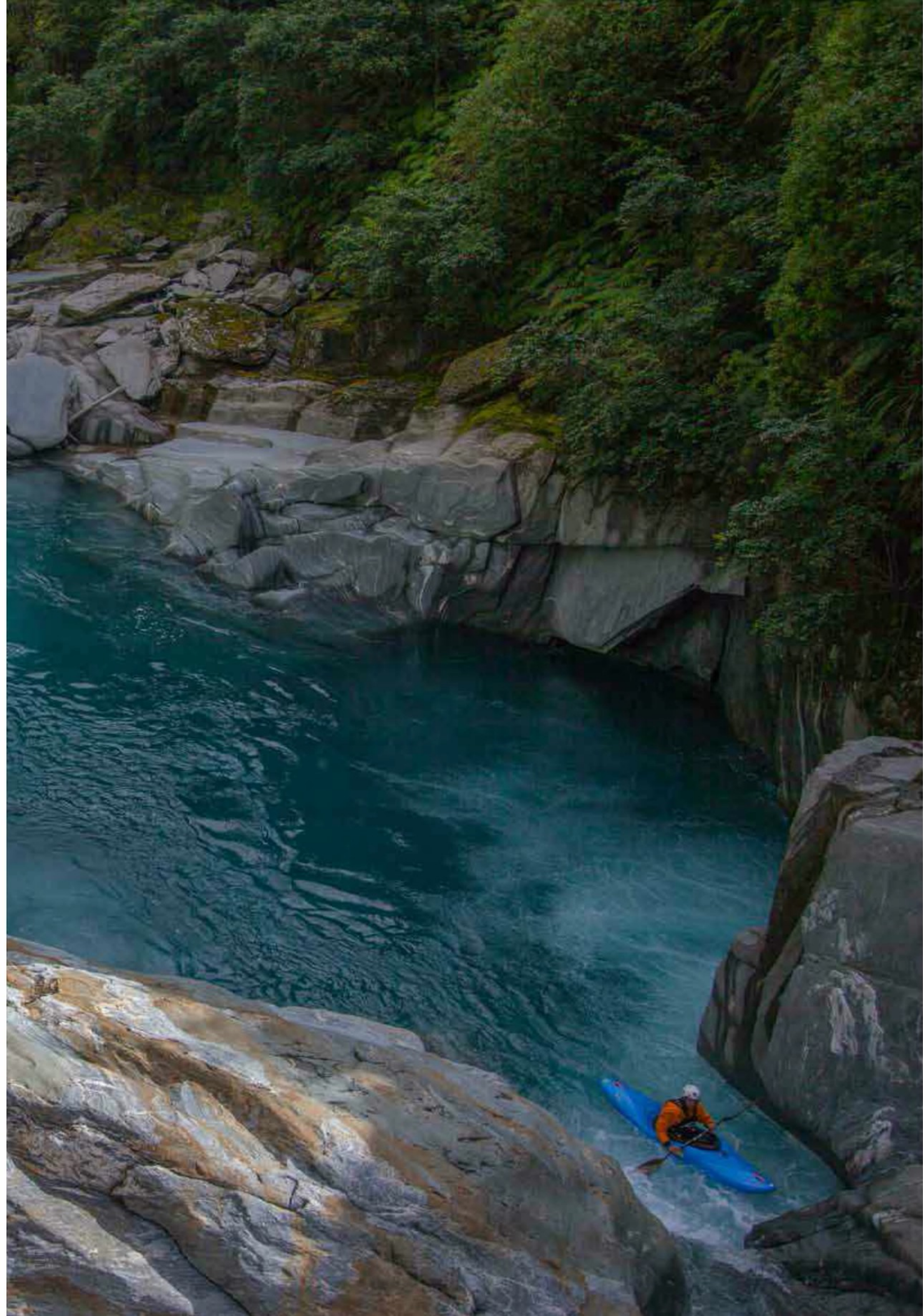
En route in the past it has always been tradition to stop by the Bliss-Stick factory inland from Taihape and paddle the Rangitikei River on the way South. Many paddlers also chose to work for a couple of weeks at the factory in exchange for a discounted boat which they make for themselves. Unfortunately our rising dollar has made it more difficult for them to compete on the international market. Despite this, the owner Charles is still a character and I'm sure would be stoked for a visit if you have time.

Next stop is Wellington where you will board your ferry to Picton and New Zealand's picturesque South Island. Depending on how you're feeling in your boat you now have a couple of options.

Option 1: If you feel like you could do with a bit more training before hitting the committing and more technical class IV-V+ runs on the West-coast then head to Murchison. According to Spanish paddler Gerd Serrasolses, Murchison is the "arse hole of NZ". Despite this, Murchison has some great class II-III+ whitewater and offers many paddlers the final chance to prepare for the more challenging heli-boating. On the first weekend of March it also hosts the Buller-Festival. Mark this date in your calendar now!











Option 2: If you're already feeling bomber in your boat and the Kaituna River was a good easy warm up then by-pass Murchison and head straight for the West-coast.

Once on the coast Hokitika is the kayaking Mecca where you'll want to base yourself for all the classic heli-runs. Despite being a small town with a population of only 3000, it's high rainfall and close vicinity to the spectacular Southern Alps, make it the perfect kayakers playground.

Unlike destinations like California where logging roads have etched their mark into the sides of much of the state, the West-Coast has very few roads making access difficult. Luckily for kayakers, New Zealand just happens to have the highest number of helicopters per capita in the World. Local legend Bruce Dando of Kokatahi Helicopters knows the hills better than most and is the man you want to contact to fly you into the rivers.

In the past most paddlers tended to stay at the Lake Mahinapua campground 10km south of town. Much of the reason for this lay with it being just down the road from the legendary 'Poo pub'. Unfortunately times have changed and the bar has closed meaning many kayakers now opt for the comfort and showers offered at the local Kiwi Holiday Park.

Time is of the essence on the coast and allowing yourself plenty of it will give you the best chance of lining up as many of the classics as possible. Don't expect to roll in with a hit list and to tick everything of in less than 2 weeks.

Generally you save the higher elevation runs for a couple of days after rain. When it pours down save your hard earned helicopter dollars and make the most of the lower elevation flood runs that many don't get the opportunity to hit e.g. the Bluebottle and the Totara.

Often it's good to ease into your first run on the coast before jumping into the more committing runs. The Toaroa, Styx and lower Kakapotahi are great examples of runs with a varied flow range that provide a great warm up for the Coast virgin. Traditionally the Arahura was regarded as the premier classic Heli run. These days for kayakers solid on class V-V+ who are looking to push the envelope, nothing compares to the Kokatahi. This spectacular river is characterized by it's steep gorges, drinkable turquoise water and ultra classic ramp and slide style bedrock rapids. In my opinion this run is one of the best in the World!

Once you've exhausted your heli budget it's time to move on to Queenstown (QT) a picturesque town nestled on the edge of Lake Wakatipu. QT is also party central and has more bars than you can shake a stick at. So it's a great place to have a wild night out. Get there via the scenic Southern route and check out the Franz Josef Glacier on the way. The Turnball, based just inland from Haast is another stellar boulder hopping and boof style class

PREVIOUS PAGE: The boys enjoying the chance to take a breather in one of the rare pools on the spectacular Kokatahi river.

ABOVE: Trent Garnham gets ready to use his playboating skills on Cover shot.



LEFT: Debris movement and change is a constant on West-coast rivers. Thankfully the sieve Keith Riley is checking out here is now out of the water. One year earlier it was a nasty siphon that features in a red bull documentary showing my good friend Jordy Searle being pushed through it. -Some of the most graphic and scary footage that I've ever seen.

RIGHT: The Kokatahi's turquoise blue waters are regarded as some of the best in the world. Blair Trotman finds out why.

IV-V run that is well worth the effort on the way too.

After your first night on the town, you will be ready to blow out the hangover and cobwebs, luckily there's no better place to do it than the Kawerau river. Uncharacteristic of the tight and technical nature of most NZ rivers, the Kawerau is high volume and allows you to get your big water groove on. It offers three sections ranging from the mellow class III 'dog-leg' run through to the big water class V test piece - Nevis Bluff. If you're feeling game you can even complete the triple-crown and paddle the three biggest rapids - Nevis bluff, Citroen and Retrospect in a single day.

Chances are your month in NZ is drawing to an end, so now's the time to line up that work visa for next year, or better yet, marry a Kiwi and immigrate!

#### USEFUL SITES AND ADVICE:

- For the best images and video clips from New Zealand rivers. [www.facebook.com/gradientandwater](http://www.facebook.com/gradientandwater)
- Organising a helicopter on the Westcoast: Phone Bruce Dando on 03 755-7912
- Where to Stay in Hokitika: Kiwi holiday park- Tell them you're a kayaker and you can camp for \$10 instead of \$12 a night.
- How to Get Around: If your coming for longer than one month most tourists tend to buy a station wagon or van. (If planning on coming to the West-coast it helps to buy something with a bit of ground clearance as many of the roads are gravel and rough)
- [www.trademe.co.nz](http://www.trademe.co.nz) is a great auction site to buy a vehicle off!
- New Zealand Whitewater guide/bible- By Graham Charles Great resource for river beta and directions.
- [www.rivers.org.nz](http://www.rivers.org.nz) - A great website for buying, selling and swapping kayaking gear.



#### DAY TWO KIWITEA BUOYANCY VEST

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# AROUND THE WORLD

On September 12, 2013, Tom Denniss dragged his weary legs up the steps of the Sydney Opera House to mark a very special achievement. The 52 year old had just become the seventh person in history to run round the world, an almost unimaginable feat of endurance stretching for 26,000km across five different continents which saw him cover terrain ranging from the icy mountain peaks of the Andes to the barren wilderness of Australia's Nullarbor Plain.

Even more remarkably, he completed it in just 622 days, beating the previous world record by well over a month and raising over \$250,000 for Oxfam in the process. Not bad for a man who only took up ultra-running 6 years ago in search of new challenges. So what drives someone to decide to run round the world?

"Well, I ran 1000km from Melbourne to Sydney in 2009 and after that, I thought what next?" Denniss said. "And then it was like, why not go all the way?"

He spent over 12 months preparing, clocking up around 7000km in total but he admits that even with the most arduous training programme, there's no way of knowing whether you're capable of pulling through the physical and psychological extremes which lie ahead.

"You really need to do at least one multi-day run to get the feeling of whether you're capable of it or not," he said. "When I ran Melbourne-Sydney, it took me 18 days but when you finally get out there, there's a big difference between running for 18 consecutive days and several hundred. I simply got as many miles in my legs as possible which wasn't easy while working full-time but I still had no idea whether I'd be capable of completing it."

For a challenge of such magnitude, one might expect detailed logistical planning but those that try soon discover it's an exercise in futility. Even with the best efforts of Google Maps, it's quite simply impossible to plan out the entire route. Of the small handful of individuals who've attempted a global run, most end up living a slightly nomadic existence. Rosie Swale-Pope (the first woman to complete a round-the-world run) describes how she spent almost five years traversing the northern hemisphere, towing a small cart of food supplies and camping.

Many go solo but Denniss says he's indebted to the assistance of his wife who accompanied him the entire way and took care of such necessities as accommodation and food while he clocked up the miles. But running round the world is by nature a rough and ready affair and with a route which took him through the jungles of Malaysia and the pampas of Argentina, he had to be prepared to go without the steady diet of electrolyte drinks and careful nutrition enjoyed by most long distance runners. Instead his journey was fuelled largely by chocolate milkshakes and a nightly glass or two of red wine.

"You can't be too precious about anything because you never know what you can find," he laughs. "My philosophy was just to go out and eat and drink whatever there was. Luckily I read about a scientific study a few years ago where they found that milk was actually better for hydration than the very best sports drinks as it has the exact electrochemical balance that the body needs. So that was perfect, it's easy to get in most places and every morning and evening I'd mix up a milkshake and drink about a litre to recover."

One of the major challenges Denniss faced was dealing with the vastly varying climates. He endured temperatures ranging from minus 10 in the brutally cold European winter of 2013 to the burning heatwaves of the American deep south in high summer.

"By far the most difficult weather to run through is the heat," he said. "I ran through one of the longest winters in decades in Europe but I was prepared for that. I've been in the US on other occasions when it was down around minus 30, and if you don't have the proper thermal protection you will die. So that's tough but the heat in the US that summer was something else and that was the most difficult time by far during the entire run. It was 43 degrees in the shade and 60 degrees out in the direct sunlight."

It's almost impossible for humans to survive, let alone run in such heat while just relying on our normal mechanisms of cooling as the body loses fluid extremely rapidly. Denniss quickly found that the only option was to find ways of artificially reducing his core temperature.

"I learnt a lot from it," he said. "There's no way your body can cool itself down through sweating alone so my wife would go find a big bucket of ice and a towel and wait at each mile marker and wrap that towel around my head and shoulders for a few minutes and when I felt better I'd continue on another mile."

Denniss says he never considered quitting, even during the height of that unbearable summer but near the start his journey, as he worked his way up through South America, a slight error of judgement almost cost him his life.

"The most dangerous position I ever ended up in was at the very top of the Andes," he recalls. "There's a dirt track called the Cristo Redentor pass, and it's on the main highway





PREVIOUS PAGE: Running through the Hautes-Pyrénées in south-western France | ABOVE: Dennis running through the Palo Verde Valley in Southern California, located on the Colorado Desert

between Buenos Aires and San Diego. I got up to the top of the pass at 4,000m and suddenly the road was completely blocked by snow. I started to crawl across it but then I found myself slipping and I thought I was going to end up going over the edge of the cliff. In the end I worked my way back and managed to get over the top of the mountain in another direction, although at one point I did lose my footing again and slipped about 20m. That was the closest shave.”

Even in apparently benign circumstances, nature continued to pose constant reminders of the dangers that await the unwary. Dennis recalls another time in Nebraska when he was replying to a text and almost trod on a seven foot rattlesnake poised to strike, and while crossing the Malaysian jungle he had a slightly alarming encounter with a fully grown Komodo dragon.

“It was probably similar in size to me and it had a furry animal in its mouth,” he recalls. “They have these big shoulders and front legs. We saw each other and both of us freaked out and ran for it. I don’t think it was ever going to

attack me but they’re pretty scary when you see them.”

But along the way there were plenty of unforgettable moments. Dennis ran along the rim of the Grand Canyon and followed in the footsteps of Forrest Gump as he ran through Monument Valley in the Utah Desert. However to his surprise, the most memorable leg of the journey was a little closer to home.

“I actually really enjoyed the time across the Nullabor in Australia,” he said. “I thought that would be a really tough section but friends came out to support with caravans and that just made it so easy. It’s really peaceful too, just long sections of road and at the end of the day we’d just sit around the camp fire and the views of the Milky Way out there are just unparalleled.”

In total Dennis completed 622 consecutive marathons, stopping only to fly between continents. However amazingly he never came close to sustaining any serious injury and he believes that may be down to his natural biomechanics.

“I don’t have any problems with my knees at all, they have never ever ached and I didn’t have any problems on the world run,” he said. “If anything I might be a little susceptible with the tendons around the ankle and feet. That’s where I had a little bit of soreness but I managed to get through it by doing the right things. It does help when you’re running as slowly as you end up running on a round the world run. In the end it just wears you down. Your muscles tend to almost get stuck in a groove, they can do what they do ok but it’s very hard to go any faster.”

Since finishing he’s begun to pick up the pace again a little bit, completing a few marathons as well as a longer 100km race. But after running round the world, how does one adapt back to everyday life? “Well I’m not properly back at work yet,” Dennis admits. “I’m an ambassador for Oxfam and I’ve been to several of their trail walker events and I’ve had a few speaking engagements. It’s still all just sinking in.”



ABOVE: Running through the Painted Desert in Arizona from Cameron to Tuba City

# A NATURAL EVOLUTION FOR EDUCATION

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But what often happens during the programme is that students discover a passion for leadership and for sustainability. While outdoor skills are still explored, students learn how important outdoor education is in relation to our health and wellbeing and what sustainability means to our society now and for the future. Most importantly, they learn how they can

make a difference. Brendan Kerr enrolled because he was into rock climbing and hiking. "I wanted an 'in' to work in the natural environment and I considered outdoor education a good way to achieve that, but through studying I now have less focus on outdoor pursuits and more on sustainability. I am passionate about it."

Through the programme, Brendan has worked with Untouched World's Charitable Trust outdoor leadership programmes for secondary school students. "I went to the West Coast with the Department of Conservation Kiwi Forever project where we tracked kiwis and helped to stabilise the population through relocating eggs to safe DOC sites.

"Last year and this year I am working with the Marlborough Sounds - Restoration project on Blumine Island. I'm a student teacher and I help with logistics and organising. I find experiential education like



Students on New Zealand's only outdoor education and sustainability programme at CPIT get to expand their skills in outdoor activities, develop their leadership potential and learn how to inspire others about sustainability.

the Untouched World programmes are very much in line with what I've learned."

Sustainability and Outdoor Education leader at CPIT, David Irwin, is seeing more students who are attracted by the sustainability component or by the combination of environmental and outdoor education.

"What we offer is unique. There is no other programme in New Zealand with a double focus on sustainability and outdoor education. We have international students coming to Christchurch specifically for this programme and of course

many students from around New Zealand as well."

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See [www.cpit.ac.nz](http://www.cpit.ac.nz) and search 'sustainability' for more information.



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ABOVE: Our New Zealand landscape has an abundance of canyoning opportunities. RIGHT: Annette Phillips jumps from a natural bridge in a newly discovered canyon near Haast. Every year new canyons are explored and Wanaka is quickly becoming New Zealand's canyoning mecca.

# CANYONING WANAKA

Words and Images by Neil Silverwood

I looked into the spray lashed darkness and wondered what I was doing here, 8m above a churning pool of white water on a narrow ledge barely the width of my foot. Touch and sound were my only senses. It was dark and I was teetering above the final drop of the canyon and needed to move quickly. I stepped out into the empty darkness and felt the thrilling sensation of falling before splashing into the cold pool below. As I surfaced and pulled myself onto a slimy rock I wondered how I had come to be here.

The canyoning trip began two weeks prior when I was invited to go exploring near Wanaka. Not knowing what I was getting myself into, I jumped at the opportunity. The area's schist rock is soft and easily abraded by water. Over thousands of years, streams flowing off of the Southern Alps have gouged out steep, deep gorges. Because of this, Wanaka has become a Mecca for canyoning in New Zealand.

The local canyoning power couple, Annette Phillips and Alain Rohr, have explored many new trips in the area and opened up the canyoning community's eyes to the potential for new discovery and first descents. Alain, originally from France, was mesmerized when he first arrived and saw unexplored canyons throughout the region. Alain says, "in Europe almost all of the canyons have been explored, bolted, mapped and put into a guide book. Here only the most accessible trips have been looked at; New Zealand is a canyon explorers dream."

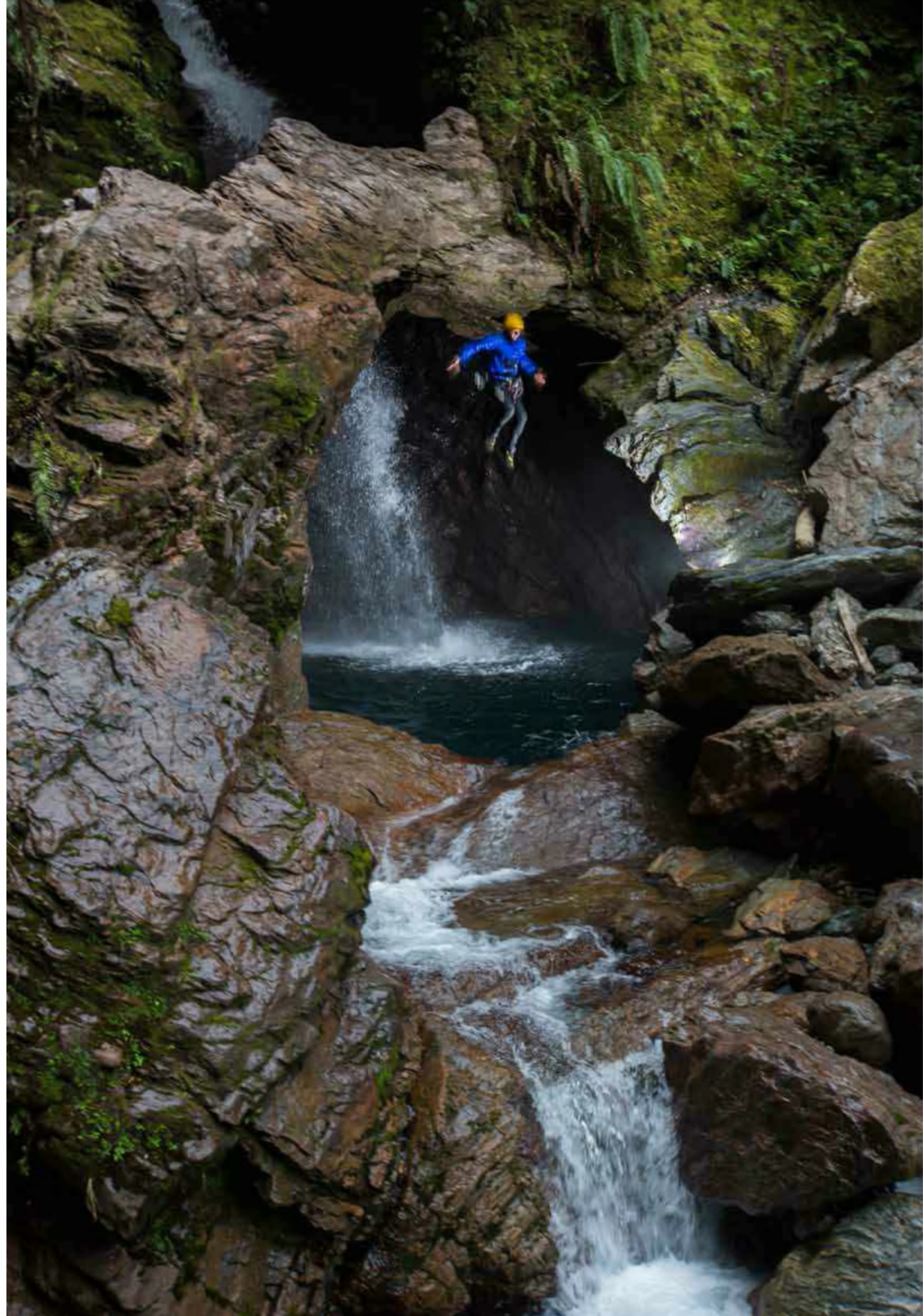
Like Rohr, many people in the New Zealand canyoning community are driven by exploration. While staying in Wanaka Rohr talked me into going on a trip through Gloomy Gorge. Gloomy Gorge is a deep gash in the earth cut by a river draining from the Bonar Glacier below Mt Aspiring. For years, trampers and climbers en route to Mt Aspiring have carefully

peered over the edge. The scene below is breathtaking. Glacial waters tumble over and between truck-sized boulders before disappearing into a 200m deep void. The river emerges some 500 meters below onto the tranquil Matukituki River flats. What lay between that big drop and the flats was unknown. Due to the gorge's isolation and high volume water flow, canyoneers had deemed it virtually impossible.

Such an exploration requires an expedition-like approach. In early 2013 a French team called Aotearoa 2013 arrived in New Zealand. Alain assisted them and convinced them to visit Gloomy Gorge. He said, "The French team were a little naive at first and thought they would be able to explore the canyon in just one day, maybe two." In the end, the gorge took 7 days for the team to explore. They descended into the canyon, and tackled it piece by piece. It was the toughest canyoning ever done in New Zealand and would have been impossible without such a solid team. As it was, they ran out of time and had to leave before the first through-trip could be completed. Having been on the French expedition, Alain felt a sense of pride and desire to complete the original goal so he organized a second team.

Gloomy Gorge is overwhelming in the extreme. The walls climb 200m above the water and only a murky grey light filters into the canyon. The river noise is unrelenting and you have to constantly shout to be heard. Time and time again we swam, boulder-hopped, and abseiled. At times we had to make moves at the last second, grabbing a rope or slippery rock to avoid plummeting over a waterfall. I've been scared before but it was nothing compared to this; in Gloomy Gorge I felt on edge for the full 22 hour trip.

It left me feeling dazed and completely drained for days.





ABOVE: Gloomy Gorge is Wanaka's most challenging canyon explored to date - first complete through trip took over 20 hours. RIGHT: Wanaka's canyons are formed in Schist - a rock easily abraded by water. Canyons in the area can be up to two hundred metres deep.

Every drop of adrenalin in my system had been spent. Alain and Annette took me down Wilsons Canyon on a later trip. I had been told before that Wilsons Canyon was one of the toughest in the area. We swam into turquoise pools as clear as Bombay Gin and jumped and abseiled off of waterfalls. Sunshine penetrated all the way to the bottom of the canyon in places and it seemed like a breeze after Gloomy.

As I drove north through Westland afterward I could see more clearly where the hillsides through Haast Pass were lined with hidden creeks and dark ravines. Many are likely to hold unexplored canyons; it only takes a little imagination to see the possibilities. Next year, there are at least a couple of expeditions planned which aim to explore canyons in the Wanaka Region. Canyon exploration is heating up. There's scope in many other regions too. Fiordland's dense bush is likely to hide thousands of new canyons and Westland also has the potential to become a destination for canyoneers. There, massive rivers sink into canyons in inaccessible areas such as the Douglas. Until now these areas have always been considered too difficult. Perhaps the exploration of Gloomy Gorge will change perceptions on what's possible and such places will begin to be looked at with a fresh eye.

Canyoning is quickly becoming a popular sport, likely due to the growing availability of information. There are estimated to be around 100 regular canyoneers in NZ. If you are interested in canyoning, take a look at the New Zealand Canyoneers Facebook page [KiwiCanyons](https://www.facebook.com/KiwiCanyons) which acts as a hub for NZ's small but growing canyoning community.

For seasoned pro's and international visitors check out [www.kiwicanyons.org](http://www.kiwicanyons.org). This is filled with reports on exploration trips of some of New Zealand's best canyons. There is also talk about collaboration on a new guidebook for canyoning in NZ. Hopefully, this will be realized in the near future.



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# a message in a bottle FROM OMAN

I have found my secret spot in Oman and now here's the dilemma to share it or not? It's that feeling you get when you arrive at a new spot that makes you feel happy and at peace. It's disturbingly pretty, which is why the spot should remain a secret, right? Suffice to say the Sultanate of Oman is Arabia's best kept secret, so I will share a few of those secret moments with you.

Upon leaving my majestic hotel in Muscat, Shangri-La Barr Al Jissah Spa & Resort, I excitedly hopped into my transfer for a day of sailing and snorkelling on board a sparkling 75-foot catamaran, SY Azzura. After winding around some rocky mountain bends, which offered rare and quick glimpses of the sparkling blue Arabian Sea, we descend into the magically picturesque sheltered bay, home to the Oman Dive Centre. This lovely beach area has scattered little thatched roof bungalows, creeping hot pink bougainvillea, swaying date palms and beckoning crystal clear waters in shades of green and blue. Absolutely stunning and unexpected.

The serenity continues as we smoothly set sail for the neighbouring Bander Khiyran islands. Not many realise that the Sultanate boasts a striking coastline measuring over 3000km from Northern tip bordering with the UAE to the Southern region bordering with Yemen. There are endless white sand beaches, often home to the nesting Green Turtles and no one else. There's a sunken British wreck, Al Munassir, for diving enthusiasts. There are islands all along the way too.

The famous Telegraph Island is located in the north of Oman in the Musandam region. The tiny island was an important naval post during the Imperial reign of India, however, those rumoured to be stationed there were said to "go round the bend" upon walking around the island quite frequently as the only form of entertainment in this fairly remote part of Oman.

Then off the coast of Sohar you have the breathtaking Dimaniyat Archipelago, a marine reserve rich in coral and tropical fish.

The largest island is Masirah Island, off the Al Wusta coast. Its summer monsoon winds make the conditions perfect for kiteboarding, hence the Oman Kiteboarding Academy being based there since 2007.

However, as time is luxury today, I'm happy with exploring the underwater gems around Bander Khiyran Island, which is only a stone's throw away from Muscat. I have also been informed that this area also is a popular spot for dolphin watching, another personal tick from me. The scenery is very dramatic: imagine high mountain tops, fluffy white clouds and the luxury of silence. We pass quaint fishing inlets where the local fishermen pull in their catch of the day with nets while children splash about.

As we near the island for the crew to start setting up the BBQ for lunch today, two things happen: I get splashed by a flipping dolphin which then becomes a pod of 10 all shouting out for attention until we are surrounded by maybe 50 attention seeking dolphins all jumping, spinning and giggling; then our chef spots a giant turtle leaving her nest – I never expected a turtle to get this big. Almost the same height as me: 150cm. All of a sudden the appeal of uncovering all that is below the surface, frightens me. Especially when I have to contend with the famous Giant fish of the region: Yellow fin Tuna, Marlin and Trevally as well!

Nevertheless the explorer from within perseveres, determined by the inspiring tales of Sinbad the Sailor and episodes off the National Geographic channel. I jump in and I'm pleasantly surprised by the temperature of the sea, neither warm as in Dubai or cold like the Pacific. Swimming above rainbow-coloured coral in clear conditions is magical. Today truly is a treat.

Sailing back to Muscat, laying on the comfortable bean bags on the nets of the SY Azzura, you can't help but feel pampered. I mentally reprimand myself as if I were to follow in the footsteps of past explorers and adventurers I ought to be sailing on board a traditional wooden dhow crafted lovingly by hand in one of the many boatyards in either Sohar or Sur.

The traditional Omani ships (dhows), which can last for 60 - 100 years, is what Sinbad is said have sailed the Seven Seas on. Sinbad is rumoured to hail from Oman as in 750 AD there lived an Omani Merchant called Abu Ubaydah who travelled to far off places and upon his return he would regale his countrymen with his adventures. Many believe the character of Sinbad in the Arabian Nights was based after him.

As you can see Oman has a rich maritime history and with such a beautiful sapphire blue coast, it makes senses that daily life would be connected to the sea. From fishing to exploring the Seven Seas to modern-day sailing, the Sultanate shall seduce you. As to sharing my secret spot with you? Well, maybe as a legacy to the past, I should send it in a bottle...



# RIVER WILD raft-run-race

Words and Images by Team Miss-Adventure

My first initiation into rafting was back in the early 80's, sitting in English class when we were required to watch the movie *Deliverance* as part of our Sixth Form course. What I remembered most about it was not the rafting, but the banjo playing rednecks that make up a rather disturbing scene mid movie.

It was not until a few years later that I was drawn back to the sport by a group of people I met skiing who were also rafting guides. The summer of '85 was spent exploring the many rivers of New Zealand, always with a raft on the roof. In those days rafting, as with most adventure sports, was not heavily regulated and with that came a real sense of freedom. However, times have changed and safety in the outdoors is at the forefront. You'd think that may have sucked the life out of some activities, yet rafting still holds that sense of freedom that I remember from over 30 years ago and it for this reason that I am still drawn back.

For those of you who love the winter, an extended ski season is something to celebrate, however when you're preparing for an adventure race in the Turangi region in November, snow on the forecast is not what you want to hear. It was two days before River Wild Rafting Challenge when hail fell as far north as Auckland and snow fell on the Desert Road. It was looking like it was going to be a cold race. But in typical New Zealand weather, one day it was snowing and the next the sun came out and it was summer hot!

Our Women's Adventure team had put this date on the calendar a year ago, after being the winning women's only team the previous year – OK we were the only women's team but that was beside the point, we were determined to defend our title. However as the word of the event had spread so did the number of entrants and this year we had competition. The 14 teams entered last year in the inaugural River Wild Challenge had swollen to an enthusiastic 24, all vying to challenge themselves on the raft and run down the Tongariro River.

The \$1000 prize purse for first place attracted some fierce competitors, people who took adventure racing seriously. The type of people who train for events like this and who are in it to win it. However, the real draw card of this event was Mother Nature herself (or for our team the thought spending a few hours on the river with our hunky guide, Lee). Rafting and running/walking in the Tongariro region is a spectacular way to spend a sunny Saturday in November. The river itself is breathtakingly beautiful and rapids exhilarating enough to get the hearts racing. For some, the thought of over two hours racing on the river followed by an 8km run would seem arduous, however there's something about the environment and the people involved in this event that seems to energise you.

True there are the hard core racers, but the event has something for everyone. When we first arrived at race headquarters early in the morning we met a team of young guys from Auckland, wearing their home made tee-shirts that read, "White Middle Classholes." They were having a bit of a laugh and reckoned they'd give us old girls a run for our money. They were a group of friends who had come down for a day of fun and adventure, nothing serious. When we caught up with them at the end of the day they said they had found themselves doing pretty well on the river and realised they were in with a good chance of placing so changed tactic, got a bit more serious and ended up finishing in 5th place.





Team Miss-Adventure find out that rafting is not a dry sport, hanging on during a bumpy section of the Tongariro River.



ABOVE: Teams race down one of the many grade three rapids. | RIGHT TOP: Team Miss-Adventure on the last leg of the run. RIGHT MIDDLE: Always time out for a quick photo - the raft in the hands of our awesome guide, Lee. BOTTOM LEFT: Team More FM take home the \$1000 cheque along with this year's title. | BOTTOM RIGHT: Our team getting up close and personal with race organiser Luke Boddington and our trusty guide, Lee!

River rafting is not without its risk and it was not long into the race when one of the guides, Juice, suffered a ruptured tendon in his knee. As river etiquette dictates the surrounding teams all stopped to offer assistance. This is where the importance of good safety procedures comes into play. The incident was handled smoothly – Luke and his team had every eventuality covered and Juice was quickly taken care of and we were soon back on the river and back in the race.

Racing down a river involves timing, coordination and teamwork, plus a bit of muscle and brawn. According to Rafting NZ website, “this section of the Tongariro River consists of 16km of grade 2/3 rapids dropping over 200metres in vertical height. The rapids come one after another producing an exciting ride through towering cliffs and native bush.” That pretty much sums it up! Overtaking other teams requires paddling hard on the flat sections and having a skilful guide to help outmanoeuvre the other teams on the rapids. It's a great race of endurance for those competitive teams, and for those of us in for the experience it's great exercise but also loads of fun. You do not have to be an experienced rafter to take place as the guides do all the steering and navigating, for one member of our team this was her first ever experience rafting and she loved it.

Just as our arms were starting to tire, Red Hut Bridge appeared indicating the end of the rafting section. On the bank Luke's team of

volunteers had laid out everyone's gear ready for a quick change and a refreshment stop with water, juice and jellybeans!

For the serious runner, 8km is not too onerous, but running it at pace with another team close on your tail is hard work to say the least. For the top three teams, with little time separating them, it was a hard out slog. For the rest of us, 8km offered a bit of a challenge but with the option of walking this section it really means anyone can participate.

This year the rules of the run were that you had to stay together as a team and never get more than 20m away from one another. There were a few sighs at this original announcement however, it proved to be a great decision. It meant that a race that started as a team ended up as a team and that made all the difference.

Team names pretty much summed up the mixture of competitors with “Chaffing the Dream”, “Masters of Awesomeness” and local coppers, “Thin Blue Line”. We had loved the race the first year and some people say you should never go back as it's never the same, but we have to disagree. Huge thanks again to the team from Rafting NZ, Luke and Pianika Boddington and all the volunteers for making this another fantastic event. It's one not to be missed so get together a group of friends or work mates and put the date in your calendar ready for 2015. We'll see you there!



#### FACT BOX

- One of the great things about this event is it gets you to enjoy and appreciate another part of New Zealand. Sitting on the southern edge of Lake Taupo the outdoor options in this area are extensive.
- Turangi itself is a vibrant town made up of people from every walk of life. On our first day, during a strategic planning session at the Turangi Tavern, we met local character John. Legendary tomato grower and volunteer at the Trout Hatchery John showed an interest in the details of the event and it was a delight to see come along to support us at the race the following day.
- Clothing – wear two layers of merino under your wetsuit, one singlet and one long sleeved – we ended up stripping down to our singlets as it was so hot! Also don't forget your sunblock!
- Take with you two sets of clothes – one for the river and one for the run. Luke's team will transport all your gear to the transition zone and so you'll be able to do the run with dry socks and shoes.
- Bring a drink bottle and throw it in the bottom of the boat, or simply drink straight out of the river.
- If you can manage a 5km run you'll be able to cope with the 8km in the bush – the time passes so quickly and if you can't make it, there's nothing wrong with walking.
- As Lil can confirm, front right hand side of the raft is definitely the wettest spot!
- Entries are now open for next years race, so to ensure you don't miss out make sure you visit the team at [www.raftingnewzealand.com](http://www.raftingnewzealand.com) to sign up.



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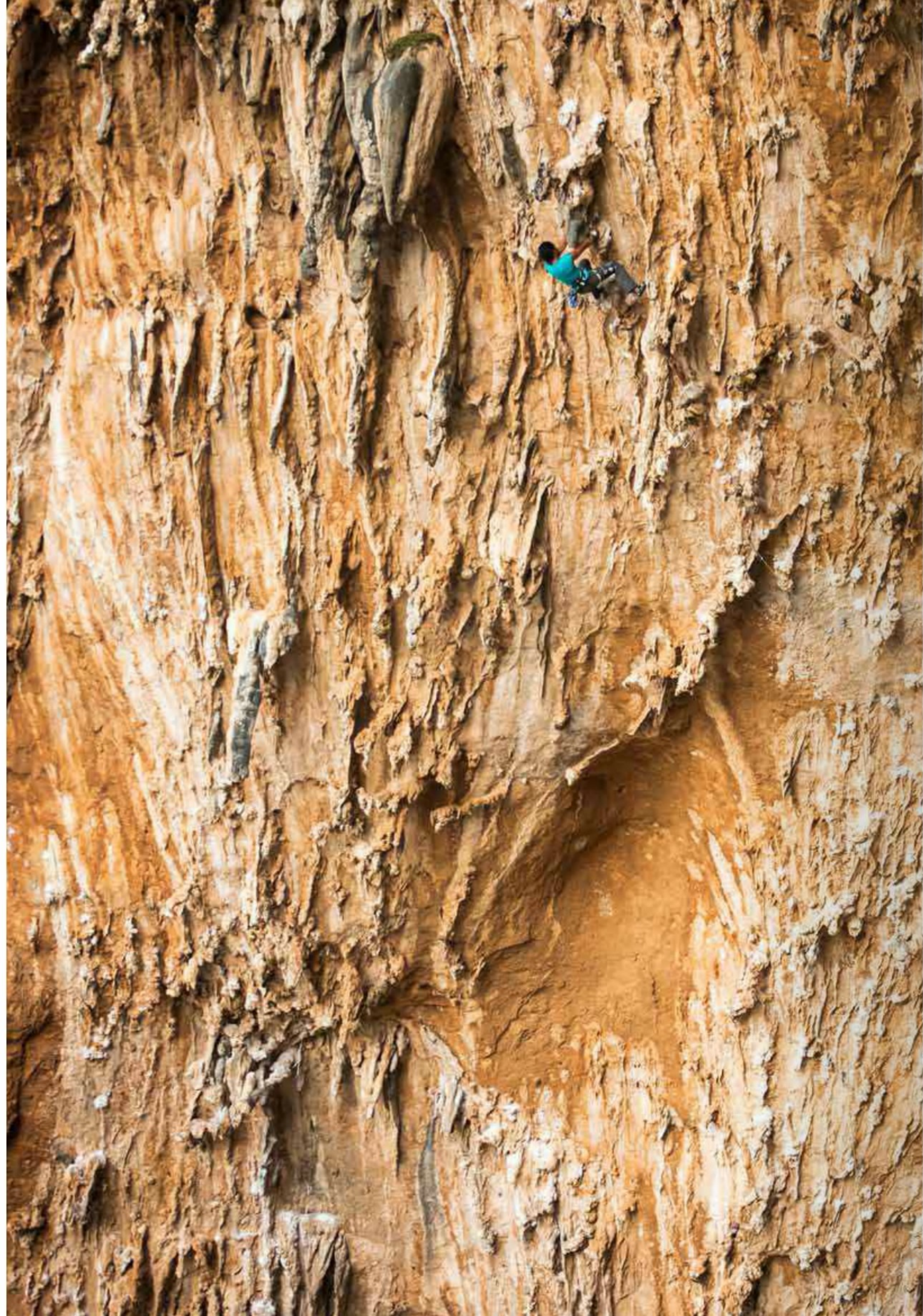
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# The dirtbag DIARIES

Words and Images by Derek Cheng

It's a bit like Groundhog Day, except that everyday you re-live is one where you get to scale the most perfect rock faces in the world's most unimaginably beautiful spots. Sure, you live in the dirt, have to curl up in a sleeping bag on cold nights to keep warm, and look to the river as a poor excuse for a shower. You look and live like a penniless drifter.

But this is freedom in its purest form, doing what you love, every single day. Spontaneous recklessness can pounce at any moment. Work is a four-letter word. And you are but one of a community of like-minded dirtbags, who have all turned their back on 'real life' in pursuit of a less tangible wealth.

There is a global gang of us eternal rock-climbers who spend months at a time at world-class crags, moving en masse to the next when conditions deteriorate.

My life for the past 26 months, and for five of the last seven years, has been a variation of the same day; exploring the orange contours of the high bluffs of Mt Arapiles, and then retreating to the camp fire to share the day's bliss. Or playing on the tufa-blessed overhangs and caves in the Greek Island of Kalymnos. Or being swallowed up by the dramatic granite spires that rise menacingly from infinite ice fields in the Canadian Bugaboos.

Or Laos, Canada, Morocco ... the world over.

The life of a dirtbag is not a holiday, but a lifestyle. While most people strive to acquire more money, more security, more things, we are committed to the opposite: to work as little as possible to free up climb-time. We seek adventure and experiences, at the expense of riches. And we live as though we are broke to keep going for as long as we can. We sleep in tents or the backs of cars, ask departing school groups for leftover milk powder, buy new clothes only when our current ones are ripped beyond repair. The equivalent of buying a mansion is upgrading to a more spacious tent.

It's not all about the climbing. There's limitless culture and history and local street dishes to explore, everywhere. And here's the rub; it isn't hard to quit your job and do what you love, regardless of whether it involves travel, rock faces, surf breaks, ski slopes, bike trails. Especially in places like Yangshuo, China, where the monthly rent is about \$80, and a plate of street food deprives your pocket of \$1 or \$2. Or wild camping in almond groves in the Anti-Atlas mountains in Morocco, among gentle quartzite giants.

This is not to say that this life is for you, or is better than the one you're living. But if you've ever wanted to chuck it all in and explore for a year, two years, indefinitely, it's not as insurmountable as it seems. And you can really stretch it out if your means of transport is your thumb, your shelter is a tarpaulin, and you look at every supermarket dumpster as a potential treasure trove.

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An oily spot on the brown paper bag left abandoned on the bus suggests that inside is a pastry of substantial gloriousness. Grabbing the bag means flaunting my shamelessness in front of all the bus passengers. I don't care. The almost-whole muffin I discover in the bag is pure deliciousness.

Eating other people's leftovers is one of the most obvious ways to stretch finances. It's not just about being cheap. Waste is offensive. British families throw out about seven million tonnes of food and drink every year, including 24 million slices of bread, 1.5 million tomatoes and 1.4 million bananas every day. A 2011 United Nations-sponsored report called Global Food Losses and Waste found that the amount of wasted food in industrialised countries was almost as much as the food produced in sub-Saharan Africa.

The appropriate standard of hygiene - how gross is too gross? - is often a subject of debate. Take this scenario: You walk into a cafe bathroom, close the door, and see a large smoothie sitting on a bench by the toilet. Someone has obviously left it there accidentally. The lid has a small opening - a possible entry point for fecal vapour.

Do you smell it? Take a little sample? Wolf it down in one go? Leave it be for the owner to reclaim? I let it be. For 30 minutes, then I checked to see if it was still there. It was, so I took a sniff (nothing offensive), swapped the straw, and downed it. Berry goodness flooded my insides.

Many times this past summer, in Canada, I helped myself to half-eaten sushi trays or lunch plates, long abandoned. In Australia a supermarket bin in Horsham, a small town near the world-class climbing areas of Arapiles and the Grampians, regularly supplied us with eggs, bacon, whole chickens, expired milk, sausages, bags of potatoes.

One day the dumpster gifted us 11 beers; the 12th had somehow been damaged, making the box of a dozen unfit for sale. A discussion ensued about going into the store and surreptitiously damaging a single beer in different boxes of a dozen.

One night in Melbourne outside a bakery, we found three wheelie bins of infinite goodies in perfectly clean plastic bags. And this bakery, in a posh suburb, was overflowing with the most gourmet of goods: white chocolate and macadamia cookies, cranberry fruit loaves, all baked fresh that morning.

Sometimes the bins provided more than just food. A friend found the remains of a tent, and wrapped it in a tarp. It wasn't weather-proof, but it was large and on a slight lean; when it rained, the water pooled on one side, leaving the other side luxuriously dry.

One guy at Arapiles, Eddie, was rumored to have lived for four months at the campground on \$100. He hitch-hiked, found abundance in dumpsters, worked weekly at the local organic farm - which paid in vegetables - and cooked over camp fires.

It didn't always go to plan. One evening in Squamish, Canada, we started digging in to an abandoned plate of nachos, but the diners had only been outside for a smoke. "You can't be fucking serious!" said an incredulous woman when she caught us nacho-handed.

We left with our tails between our legs and paid for their meal. I forked out \$10 for two corn chips. At least one of them had sour cream on it.

It was only long after we'd left that we realised we should've gone back in to eat the rest, given that we'd paid for them. They were probably just thrown out.

\*\*\*\*\*  
The doors of dirtbagery do not open without some form of savings, usually from some form of income.

There are dirtbags of every stripe, and all ages. Take Bong, a Scotsman in his 40s who works short contracts as a business consultant in between long climbing trips. There's Drew, a recent graduate who programmes from wifi cafes while perpetually on the road. Or Andy, a twenty-something nurse who saves up for a period, then dirtbags indefinitely.

And there's always a guy who scratches a living any way he can. One climbing guidebook includes an immortalised letter from social services, informing an anonymous climber that his benefit is being cut because dirtbagery is not a form of job-hunting.

Climbers are not the only ones who reject the script. Daniel Suelo turned his back on money at the turn of the millennium when he left his life savings - \$30 - in a telephone booth. He lives in a cave in the deserts of Utah, USA, foraging for food.

Chris McCandless, whose story was popularised in *Into the Wild*, wandered the rugged backcountry of Alaska in solitude (this is perhaps a poor example, as he starved to death; there are a lack of dumpsters in the Alaskan backcountry).

Or Man Vs Debt founder Adam Baker, who abides by a doctrine of 'Sell your crap, pay your debt, do what you love'. His starting point is the question: What does freedom mean to you? Enslaved to debt and working 60 hour weeks, his life seemed to be lacking something.

My dirtbagery, like many others, began with a decisive step: buying a van with a bed fitted in the back.

I then found the cajones to give up a job that I enjoyed in a city - Wellington - which I loved. But once on the road, any regret quickly evaporated.

I spent months in the South Island, climbing to my heart's content, while meeting kindred spirits in the most breathtaking parts of the country - Castle Hill, Milford Sound, Wanaka.

The benefits of living simply and in the outdoors are well-documented. Consumerism and the rat race do not apply when you live in a van. Trivial matters drop away, replaced with self-reliance and independence. These are common themes of wilderness therapy or Outward Bound courses.

The following two years took me to South and Central America, exploring rock faces and mountains, ancient ruins and bizarre, other-worldly landscapes. As soon as I returned to New Zealand, I focused on rebuilding my savings for another jaunt. My next trip took me through Asia, North America, Greece, Turkey and Morocco.

Being back once again is a massive adjustment. It's easy to feel a grand disconnect with 'real life', detaching from conversations between colleagues about TV shows you never knew existed. There is a natural disenchantment with having to work, regardless of how enjoyable or meaningful it is. It will never compare with doing whatever you want, with whoever you want, whenever you want.

My four-month contract has just come to an end. Another adventure begins.

Join Derek Cheng's Dirtbag Diaries around the world as he begins a regular rock column, starting next issue.

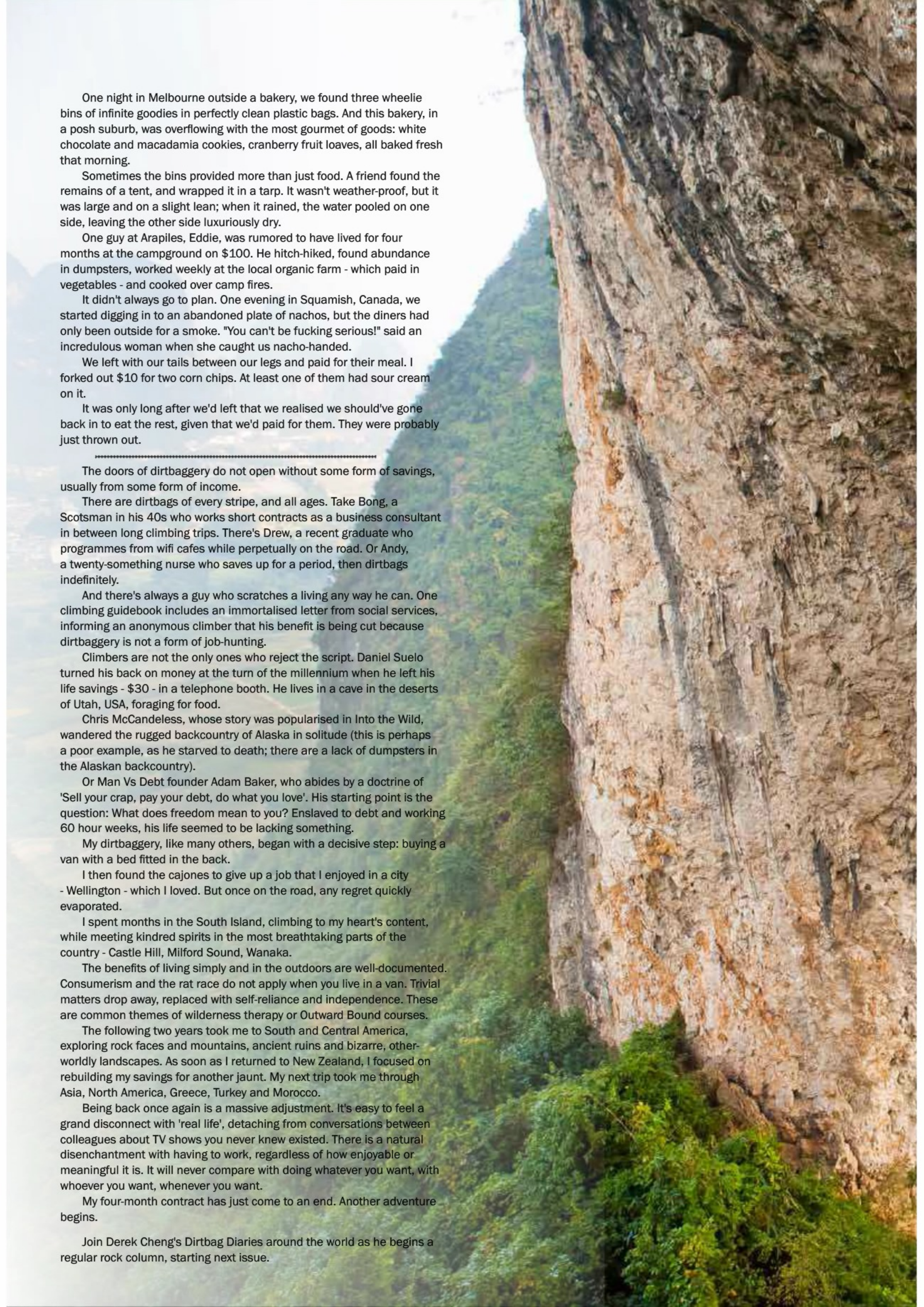




PHOTO CREDIT: PREVIOUS PAGE Aussie climber Inalee Jahn on the classic Priapus, grade 27, a line that weaves through endless metres of overhanging limestone tufas and stalactites in the giant Grande Grotta cave, Kalymnos, Greece.  
THIS PAGE: Canadian climber Liam Beaman pulls the crux of Over The Moon, grade 26, the proudest line through the famous Moonhill Arch in Yangshuo, China.



# how to brew A COUNTRY

Off the back of the launch of their new-look range and eye-catching packaging, Josh Scott and his team at Moa Beer are now searching for some more great Kiwi stories and images out of the country's family archives.

The inspiration for the search came about after the team spent months trawling through the National Library of New Zealand's archives for images of people engaged in a range of recognizable and uniquely Kiwi pursuits that also referenced Moa's traditional brewing technique to feature on their new 6 and 12 packs.

"When we tracked down the families of the subjects in the pictures, what we discovered was some amazing, forgotten stories out there", Scott says.

In one case, the great-grandson of Sammy Turner who made the first ascent of Mt Cook alone in 1919, and claimed the world record for skipping in 1911, was unaware his family had such a rich history with one of the country's most iconic mountains.

"It got us thinking about how many other stories have been, or are at risk of being, forgotten over time", Scott says.

Using the brewing process and the melding of flavours as a reference, Scott believes that New Zealand and New Zealanders are the way we are because of those adventurous, hard-working and determined pioneers who helped shape our country and our

country's identity.

"One of the things that makes Moa beer the way it is, is the New Zealand-ness of how it's made. I'm not just talking about the ingredients, although the locally sourced water and Nelson Sauvignon hops are obviously a big part of it, I'm talking about the country itself and the people that happened to end up living here", Scott says.

In other words, Scott is talking about the "terroir", an elusive and romantic French term frequently used to describe the inherent set of special characteristics of soil, climate and culture, as reflected in a wine or the food from a particular vineyard or region. But in this case, he's talking about New Zealand and Moa Beer.

Given New Zealand's relatively young history and rapid development, it is easy to forget about the many achievements both big and small that have been accomplished in that short space of time since New Zealand was first inhabited. And that is something worth remembering.

To help uncover and share these stories Moa has set up a website ([www.howtobrewacountry.co.nz](http://www.howtobrewacountry.co.nz)) where you can submit your stories and images. If nothing else, Moa's initiative is a good reminder to share a beer with your family and reconnect with your roots.



# Everything you need to know about a person is in the stories they tell.

I have a personal belief that nations can't help but reflect themselves in everything they do. A soup from Finland tastes like a soup from Finland, while a soup from Germany tastes like a soup from Germany.

New Zealand is no different.

The things we do have a natural flavour that comes from living where we happen to live and thinking the way we happen to think.

So I love hearing stories about New Zealanders that not many people have even heard of. People that go about their lives doing things a certain way just because that's the way they are.

To me all these people are like ingredients in a big kettle, leaking their flavour into others and absorbing the flavours of those around them until eventually we get this collective essence of how we are as a country.

Maybe it's just me, but I find it really fascinating.

So over the next little while I thought I'd share some of these stories with you. Just the ones I've happened to come across personally.

And maybe you'll be reminded of someone you happened to know who was interesting too and share that story with me at [howtobrewacountry.co.nz](https://howtobrewacountry.co.nz) so I can share it with everyone else.

There's no particular reason for doing this, it's not a competition or anything. I just like New Zealand and I miss the flavour whenever I'm not here.



Josh Scott  
Founder of Moa Brewing Company

# WAIPAKIHI

## AREA: KAIMANAWA FOREST PARK – WAIPAKIHI HUT LOOP

Words and Images by Neil Silverwood

If you live in the Central Plateau and you wait for the perfect forecast before heading into the hills you could be waiting a long time. Rain is common there, not just a little at a time either, it falls by the bucketful. I set out with a typical Spring forecast – Monday: isolated showers...Tuesday: rain developing...Wednesday: freezing level lowering to 900m, snow, strong to gale force winds. “It could be worse,” I told myself as I threw a stack of warm cloths into my burgeoning pack before heading to the trailhead.

The tramp begins with a six hundred meter climb up to Mt Urchin, the altitude slipping away quickly and painlessly on the well graded track. There are no huts in the lower section, and I camped in one of the many campsites next to the river for one night. The trip between the road end and Waipakahi hut can be completed in a day but I decided to take my time and fly camp en route along the lower Waipakahi River. The Waipakahi River cuts through the Kaimanawa Forest Park and is the source of the Tongariro River which feeds Lake Taupo. The water ultimately flows down the Waikato ending its long journey at the sea.

As I made my way uphill on the first day I startled another trumper on the track. “You’re the first person I’ve seen in three days,” she explained. “You can really lose yourself in there, [the Wapakihi] it’s a great place to get away for a while.” I left her to enjoy the view in solitude and followed the gradually steepening track to the Urchin tops.

The tops are barren. Winds sweep unencumbered across the desert road and regularly batter the exposed hill. I passed over the open tussock covered hill and began the knee quivering descent into the valley below. An hour later I reached the tranquil Waipakahi River valley. It had only taken half a day to get here but the trumper was right, I felt a long way away from anywhere. That night I camped in a hunter’s camp on the banks of the river.

When I awoke in the morning rain had set in. I trudged up the valley reminding myself to look around and enjoy the beauty and peace of the place.

Beauty is subjective, but the Waipakahi River meanders through a wide valley that is undeniably one of the most charming/valleys in the North Island. The banks are surrounded by beech forest broken up by tussock filled clearings. On this trip the falling rain soaked through the

beech canopy and mist hung heavy in the valley. Even in these conditions it felt idyllic – despite the fact that I was cold and wet through.

Rain slowly soaked through every layer I was wearing and I was glad to reach the shelter of the uniquely shaped Waipakahi Hut which is situated in open tussock on the bush line. The standard 12 bunk hut has a large middle section and two separate bunk rooms on either side, likely added some time after the completion of the original. The main section has an enclosed fire, running water and the usual hut bible – just encase you need spiritual enlightenment while staying.

The hut book was filled with anti 1080 comments. A typical statement in the hut book read “stop misguided greenies and profiteers of the war of poison and terror on our wilderness. Stop 1080. We hate it and its supporters.” There were many similar comments throughout the pages. I do not like the idea of 1080 but it’s hard to imagine how to control possums and other non-native predators over areas as vast as the Kaimanawa Mountains without it.

One difference between here and other comparable areas in the South Island is the complicated land ownership. On the wall of the hut is a map outlining who owns where. The mountain range has been carved up and is owned by several entities. The Department of Conservation (DoC) administers the lion’s share while other owners include the NZ Defence Force, Helisika Charter Company, and a Māori land trust. From a trampers’ perspective these lines on the map can be frustrating as they dictate where trampers can and cannot go.

Outside the weather had changed from a westerly to a southerly and large snowflakes began to fall and settling on the ground. I put the hut’s small but efficient fire place through its paces and kept it cranked throughout the evening.

After a comfortable night I walked back across the Umukarikari tops following a vague snow covered path. Red marker poles stuck out against the stark white background. With deep snow drifts the walk out was gruelling and the 13 km walk took 7 hours.

Looking back, this is one of the most impressive valleys I have visited, not just in the North Island, and it makes for a pleasant three day trip. If you live up North, feel like a slice of the South Island but have little time to spare, I would recommend the Waipakahi.


### INFO

Access: Access is from the Kaimanawa Road south of Turangi, Central North Island

Time: 2 – 3 days

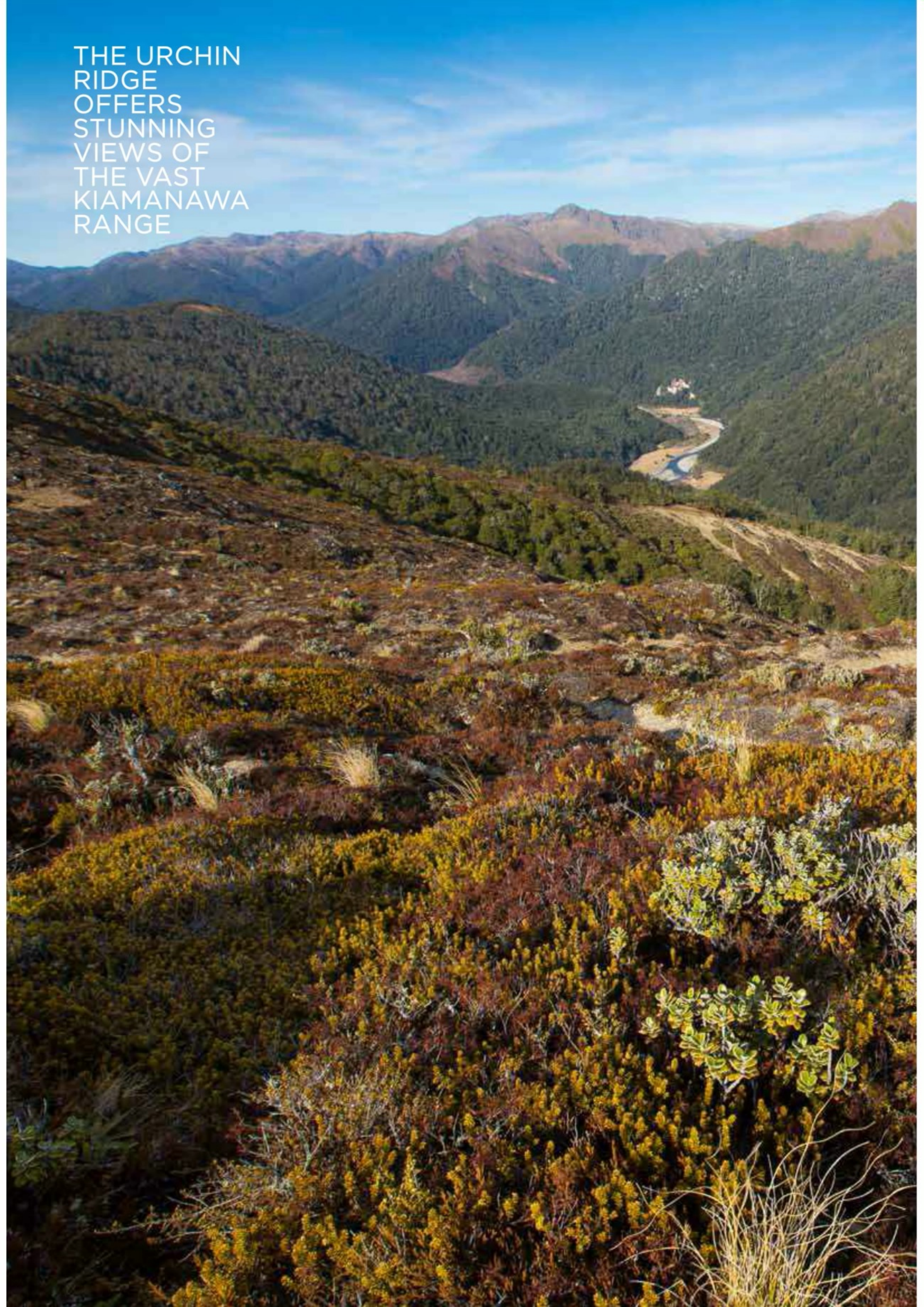
Accommodation: Campsites are plentiful in the lower Waipakahi. There is a 12 bunk hut (Waipakahi Hut) at the river’s headwaters.

Map: BH3

A wide-angle landscape photograph of the Waipakihi River Valley. In the foreground, large, dark, moss-covered boulders are partially submerged in a shallow, fast-flowing river. The water is a milky, greyish-white color, indicating sediment. The river flows towards the background, where it is flanked by steep, forested hills. A band of golden-brown tussock grass runs along the base of the hills, providing a clear path. The sky is filled with heavy, dark, and dramatic clouds, creating a moody atmosphere.

MOODY  
CONDITIONS IN THE  
WAIPAKIHI RIVER  
VALLEY.  
THE OPEN  
TUSSOCK FLATS  
PROVIDE EASY  
TRAVEL FOR  
TRAMPERS

THE URCHIN  
RIDGE  
OFFERS  
STUNNING  
VIEWS OF  
THE VAST  
KIAMANAWA  
RANGE





# Frozen Water still a Threat

Written by **Andrew Hobman**, NZ Mountain Safety Council

As Winter fades away and our thoughts turn to Summer many people ask me, as the manager of an avalanche safety programme “what do you do now?” The understandable assumption is that avalanches don’t happen in summer.

In New Zealand less than half of all avalanche fatalities are in winter and although come Spring the alpine user groups change, from skier and snowboarder to trampers and climbers, the possibility of an avalanche occurring does not. All it needs is snow on the ground and a slope between 30°- 45° in steepness.

For most Kiwis the 1st of December heralds the start of summer, a time to get out into the hills and the tracks across the country. It is the start of the Great Walks and traditional climbing season when the deep winter snow has cleared from the valleys and longer days and weather spells entice us into the outdoors.

Unfortunately, the avalanche fatality statistics show that climbers and trampers dominate at over 60%, with almost half of these in the summer months (1st December – 29th February) A further look at the records shows us that in almost all instances it was the consequence of being swept into what we call terrain traps (cliffs, rocks and crevasses) rather than burial by the avalanche that took people’s lives.

We need to better understand why and what would make a difference? An opportunity arose in the Remarkables Mixed and Ice Climbing Festival, which attracted over 140 climbers of all abilities. This 3 day event mixes clinics, activities and competitions. To the organiser’s credit, they invited us to be part of the festival and give talks, classes and evening briefings. There were a wide range of alpinists with high climbing skills but varying avalanche risk management skills. It was challenging to package a single message or advice for this diverse group.

We understand the people think, behave, perceive and manage risk in qualitatively different ways, and so the kinds of information that they need, and the interventions that will be effective, vary from person to person. There is no simple sound-bite, like everything in avalanche; there is no “magic bullet”.

A systematic approach to recognising avalanche terrain, identifying an avalanche hazard and safe travel decision making is at the core of the solution. This takes a mixture of knowledge, through education and mentorship and gaining experience by spending time in the outdoors.



Avalanche phenomenon is a complex blend of the snowpack conditions, the weather and the terrain. It is notoriously difficult to predict and manage the snowpack and weather conditions but we can manage what terrain we will travel in to avoid the hazard. An old adage amongst alpine professionals is that there are three things to know about avalanches “Terrain, terrain, terrain”.

Avalanches are not some random occurrences that only happen in winter. Avalanche conditions are usually predicable and avalanches are usually triggered by the victim or someone in their party. To quote New Zealand mountain guide Penny Goddard “New Zealand is almost out on its own with its relationship between climbers and avalanches. If you are climbing in New Zealand, summer or winter, the stakes are high. It’s worth giving avalanches a second thought.”

# TELL SOMEONE YOUR PLANS

IT MAY SAVE YOUR LIFE

Follow the five simple rules of the Outdoor Safety Code and make sure you tell someone your plans. Tell someone you trust where you are going and leave a date and time for when to raise the alarm if you haven’t returned.

Complete your outdoors intentions by downloading a form or entering your details online at [www.adventuresmart.org.nz](http://www.adventuresmart.org.nz)



# The Sixth Outdoor Safety Rule

Written by **Nathan Watson**  
NZ Mountain Safety Council

We make decisions every day, sometimes without a moment's thought, other times with careful planning and consideration. But nowhere is the significance of decision-making more important than in the outdoors. A good decision may be the difference between an incredible day out, stunning pictures, the buzz of a new adventure or all the other nasty things at the other end of the spectrum like injury, illness or becoming lost.

The 5 simple rules of the Outdoor Safety Code give anyone planning time in the outdoors a great starting point; use them before you venture out like a checklist for your trip and you're already on the right path to a great experience. But it's the message that isn't printed in text that is the key to returning safely afterwards – making smart decisions.

We often hear of incidents occurring in the outdoors and we can frequently trace the causes of those incidents back to one of the Outdoor Safety Code 5 simple rules; for example simply not telling someone where you're going (leave your intentions using [www.adventuresmart.co.nz](http://www.adventuresmart.co.nz)) often results in cases of a missing person/s who either turn up a few days later or leave search and rescue teams with an incredibly difficult job similar to finding a needle in a haystack.

Another relatively common occurrence centres on 'knowing your limits', it's all too easy to overestimate your ability, underestimate the time required or even the true difficulty of the trip. For walkers, trampers and trail runners The Department of Conservation (DoC) produce clear descriptions about track categories. If you're a mountain biker or climber you may need to adapt this information based on local knowledge or source other information relevant to your activity and location. In this case the best alternative is often to seek local advice. No one knows local information better than the locals, so seek out these pearls of wisdom, connect with local tramping/climbing clubs, ask advice from local DoC visitor centres or connect with a local I-Site.

There is often a huge amount of local information waiting to be unlocked.

When the time comes and you're actually out and about no matter how prepared you are, how many times you've been on this particular track, or how experienced you are – something always has the potential to go wrong. In most cases it's the decisions you make that will have the greatest influence.

## Sources of information:

### Department of Conservation

Track Categories:  
[www.doc.govt.nz/parks-and-recreation/tracks-and-walks/track-categories/](http://www.doc.govt.nz/parks-and-recreation/tracks-and-walks/track-categories/)

Visitor Centres:  
[www.doc.govt.nz/footer-links/contact-us/visitor-centres/](http://www.doc.govt.nz/footer-links/contact-us/visitor-centres/)

### I-Sites

Visitor Centres:  
[www.newzealand.com/int/visitor-information-centre/](http://www.newzealand.com/int/visitor-information-centre/)

Clubs/ local advice

Federated Mountain Clubs NZ: [www.fmc.org.nz/clubs](http://www.fmc.org.nz/clubs)

NZ Alpine Club: [www.alpineclub.org.nz](http://www.alpineclub.org.nz)

Mountain Biking: [www.bikenz.org.nz/Finda?code=mountainbike](http://www.bikenz.org.nz/Finda?code=mountainbike)

Trail running: [www.backcountryrunner.co.nz](http://www.backcountryrunner.co.nz)

## FOUR TIPS FOR SMART DECISION MAKING:

- **Stop and think** – don't rush, take your time and consider the options.
- **Assess** – what options are available and what's your gut instinct? For example, if the river looks dangerous it most likely is – trust your judgement.
- **Communicate** – if you're in a group talk about it together, if you're by yourself talk out loud (it might seem odd but it helps you analyse the options).
- **Future proof** – think ahead, what are the possible outcomes if you do this? Consider both positive and negative consequences.



## KNOW BEFORE YOU GO

# The Outdoor Safety CODE

## 5 simple rules to help you stay safe:

**Before you go into the outdoors, get familiar with New Zealand's Outdoor Safety Code**

For more information about how you can prepare for your outdoor activity, visit [www.mountainsafety.org.nz](http://www.mountainsafety.org.nz)

- ① Plan your trip
- ② Tell someone
- ③ Be aware of the weather
- ④ Know your limits
- ⑤ Take sufficient supplies

**1 PETZL//TIKKINA**  
RRP: \$39.95 SPECS: Weighs in at 85gm with up to 60 lumens of maximum light output, two lighting modes offering ambient and proximity lighting for up to 180 hours. PETZL focus on the detail.  
[www.petzl.co.nz](http://www.petzl.co.nz)

**2 2C SOLAR//SOLAR LIGHT CAP**  
RRP: \$59.90 SPECS: Award winning, wearable green technology designed in NZ and proven by many of our adventurers from the Sahara to the Himalayas. Provides hands-free lighting with battery independence, to see and be seen. Built in SOS rescue flash is a must for safety in NZ bush.  
[www.2cLight.co.nz](http://www.2cLight.co.nz)

**3 GSI OUTDOORS//KUNG FOON**  
RRP: \$24.95 SPECS: A tough Stainless Steel Foon with Bamboo chopsticks that can also be used to extend the handle length of the foon. Comes in a neat tin giftbox.  
[www.spelean.co.nz](http://www.spelean.co.nz)

**4 PURE DELISH//PRIMAL BARS**  
SPECS: pure delish primal bars are the perfect energy filled snack, packed full of 80% nuts, seeds and fruit with no wheat, gluten or egg, be sure take one, or two on your summer adventures! Available from selected supermarkets.  
[www.puredelish.co.nz](http://www.puredelish.co.nz)

**5 THE NORTH FACE//WOMEN'S BANCHEE 65**  
RRP: \$440.00 SPECS: The new standard in women-specific backpacks can haul big loads and OPTIFIT™ adjustment system ensures a perfect fit. Weight: M/L: 3 lbs 9.6 oz (1633 g) Volume: M/L: 3967 in3 (65 liters)  
[Thenorthface.co.nz](http://Thenorthface.co.nz) | 0800 805 806

**6 KATHMANDU//ELECTRONIC FISHING SCALE**  
RRP: \$59.98 SPECS: Electronic Fishing Scale including tape measure, high precision sensors, LCD screen with backlight.  
[www.kathmandu.co.nz](http://www.kathmandu.co.nz) or 0800 00 1234

**7 KATHMANDU//KIDS CRANK TORCH**  
RRP: \$39.98 SPECS: Crank the torch for one minute to activate the built-in battery, creating eight minutes of light or crank for 5 minutes for 30 minutes of light. Torch can be extended into a mini-lantern that can be hung as a tent down-light.  
[www.kathmandu.co.nz](http://www.kathmandu.co.nz) or 0800 00 1234

**8 KATHMANDU//POWER SOURCE LANTERN**  
RRP: \$119.98 SPECS: Rechargeable LED lantern and battery charger for digital devices, including phones and cameras. Four lighting modes and USB output. Lantern can be placed on base, hung by built-in hook or attached to metal via powerful built-in magnet.  
[www.kathmandu.co.nz](http://www.kathmandu.co.nz) or 0800 00 1234

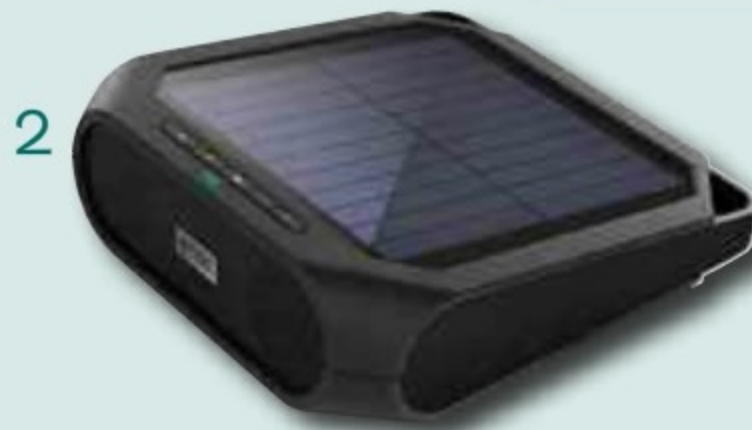
**9 KATHMANDU//ROAMER ANYWHERE CHAIR**  
RRP: \$39.98 SPECS: This folding chair is lightweight and compact for easy carrying with a loading capacity of 100kg.  
[www.kathmandu.co.nz](http://www.kathmandu.co.nz) or 0800 00 1234

**10 KATHMANDU//COMET SLEEPING BAG**  
RRP: \$299.98 SPECS: Ideal for light and fast summer hiking or travel. Filled with water repellent drIFILL down that sheds water and dries quickly to retain loft in damp conditions. Efficient mummy shape, ultra-compact, durable rip-stop shell and draw-string hood.  
[www.kathmandu.co.nz](http://www.kathmandu.co.nz) or 0800 00 1234

**11 KATHMANDU//BOREAS TENT**  
RRP: \$699.98 SPECS: This 3-person hiking tent uses a multitude of intersecting triangles to create a geodesic design. It is strong, stable and provides a tough weather refuge, with excellent stability. It features wind-shedding properties, twin vestibules and internal pockets for extra storage.  
[www.kathmandu.co.nz](http://www.kathmandu.co.nz) or 0800 00 1234

**12 KATHMANDU//ARCHON PACK**  
RRP: \$399.98 SPECS: Ideal for beginner multi-day hikers. Sturdy and reliable, the 65L Archon Pack is made from tough, durable 915D Cordura® fabric. Features include an easily adjustable, comfortable RS2 harness, walking pole attachments and bottle pockets.  
[www.kathmandu.co.nz](http://www.kathmandu.co.nz) or 0800 00 1234





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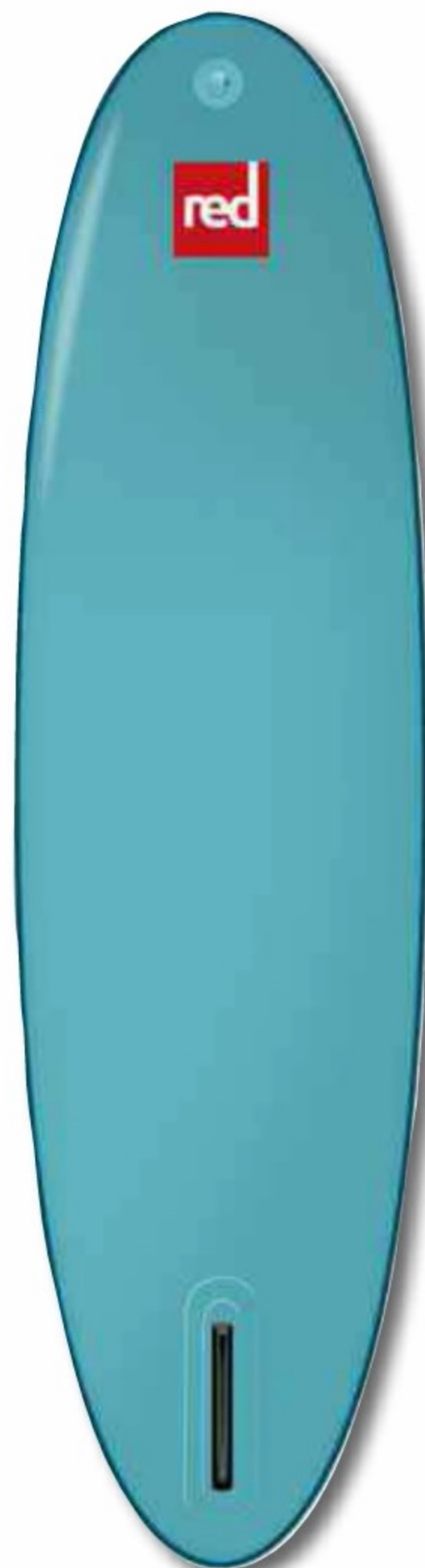
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DATE	TYPE	EVENT NAME	LOCATION
13 Dec	Run/Trek	Raglan Kairoi Trail	Raglan
18 Dec	Swim	Summer Series	Kohimarama Bch
21 Dec	Triathlon	Triathlon Series	Mission Bay
15 Jan	Swim	Summer Series	Kohimarama Bch
17 Jan	Mt Bike	Rabbit Ridge	Queenstown
18 Jan	Cycling	SRAM Tour de Ranges	Clevedon
20 Jan	Triathlon	Stoke and Stride	Mission Bay
22 Jan	Swim	Summer Series	Kohimarama Bch
24 Jan	Run/Trek	James Ultra Marathon	Hammer Springs
	Multisport	James Mountain Man	Hammer Springs
	Mt Bike	James Ground Effect	Hammer Springs
	Cycling	Around the Mountain	New Plymouth
25 Jan	Swim	Ocean Swim	Wellington

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	Kayak	Wild Descent	Clutha River, Otago
3 Feb	Triathlon	Stroke and Stride	Mission Bay
5 Feb	Swim	Summer Series	Kohimarama Bch
7 Feb	Kayak	James Bhutty Moore-morial	Mt Maunganui
12 Feb	Swim	Summer Series	Kohimarama Bch
15 Feb	Run/Trek	Half Marathon	Eastern Bays, AK
	Swim	Ocean Series	Akaroa, Canterbury
17 Feb	Triathlon	Stroke and Stride	Mission Bay
19 Feb	Swim	Summer Series	Kohimarama Bch
21 Feb	Run/Trek	20th Great Lake Relay	Taupo
	Swim	Bean Rock Swim	Mission Bay

### JACK LINK'S BEEF JERKY IN GO ANYWHERE PACKS

26 Feb	Swim	Summer Series	Kohimarama Bch
28 Feb	Run/Trek	Triple Peak Challenge	Havelock North
	Run/Trek	Round Waiheke Relay	Waiheke Island
3 Mar	Triathlon	Stroke and Stride	Mission Bay
5 Mar	Swim	Summer Series	Kohimarama Bch
7 Mar	Mt Biking	Motatapu Speights	Wanaka - Arrowtown
	Run/Trek	Motatapu Icebreaker Off Road	Wanaka - Arrowtown
	Run/Trek	Coastal Challenge	North Shore, AK
	Run/Trek	Motatapu Arrowtown Trial walk	Arrowtown
	Triathlon	Xterra	Wanaka
	Adv Race	Motatapu Adventure Race	Wanaka
8 Mar	Run/Trek	Off Road Half Marathon	Rotorua
12 Mar	Swim	Summer Series	Kohimarama Bch



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## EVENTS

# RED BULL DEFIANCE

## A NEW BREED OF ADVENTURE RACE IS BORN

After two brutal days, racing 153km over some of the most gruelling terrain Wanaka has to offer, it was the local pairing of Braden Currie and Dougal Allan that took the open elite honours and \$10,000 at Red Bull Defiance today. They blitzed second place getters Team Peak Adventure (AUS) by 34 minutes, with a final time of 12:58:24. The many triumphs and successes of all those who competed made the event special for everyone.

"It's always pretty cool to win in front of my home crowd, Wanaka is an amazing place. We have all of this on our doorstep and to be able to get out and race Red Bull Defiance in this town is so good," says Currie.

Day two of Defiance saw the 80 strong field starting in pristine conditions, with blue sky and light winds on the early morning sprint into Wanaka for the first transition into kayak. There were three teams that broke free of the field in the paddle down the Clutha River, but it was Currie and Allan that took the lead into the Peugeot clay bird shooting stage. They continued to lead the pack on the 28km mountain bike up the Pisa Range, and never looked back as they conquered the 25km run into home over Mount Alpha and Roys Peak.

"It was an awesome day for it, great weather and the views were incredible. Wanaka just looked spectacular from above. I have many highlights, I'll remember this race forever," says Dougal Allan.

The hotly contested open mixed category win went to Marcel Hagner and Simone Maier from Team Tinele.co.nz, with a final finishing time of 13 hours and 52 minutes. Trailing by only six minutes was adventure race legend Richard Ussher and his wife Elina Ussher. "It feels good! It was a tough course with good competition. I'll definitely sign up for next year," says Maier.

The new format and course design saw competitors traverse eight high country stations combining the core elements of running, mountain biking and kayaking, mixing in special stages of target shooting and abseiling. This new race format provides an ever changing playing field for the teams and challenges them to the utmost limits of physical and mental endurance.

"We pushed it a bit on the bike and had a gap on third place. We tried to be consistent on the run. It was just absolutely beautiful. Mentally it pushes you but the scenery was fantastic. Alex returned the favour from yesterday and helped me get up the hill. We raced much better and it was just such a stunning part of the world to do an event in," says Jarad Kohlar from Australia's Team Peak Adventure.

From the smiles that almost every competitor had when crossing the finish line of Red Bull Defiance today, it is obvious that challenging your body to its physical and mental limits is a strangely rewarding experience. That's adventure racing. Visit [redbull.co.nz/defiance](http://redbull.co.nz/defiance) now to watch action clips from throughout the two spectacular days of #Defiance.



Team Peak Adventure Jarad Kohlar and Alex Hunt perform during the Red Bull Defiance in Wanaka - Image by RedBull//Miles Holden



Braden Currie and Dougall Allan perform on stage 2 during the Red Bull Defiance in Wanaka - Image by RedBull//Graeme Murray



Competitors Kayak on the Clutha river on day 2 during the Red Bull Defiance in Wanaka, NZ on October 25th, 2014 - Image by RedBull//Miles Holden

# EVENTS

# TRANSTASMAN **BATTLE**

## THE ACT-BELONG-COMMIT AUGUSTA ADVENTURE RACE



Race start at Cape Leeuwin - Image compliments of Rapid Ascent

Augusta came alive with the Act-Belong-Commit Augusta Adventure Fest, which saw New Zealander Braden Currie take the crown in the headline race in Augusta, Western Australia, for the second year in a row.

The premier Act-Belong-Commit Augusta Adventure Race consisted of a multidiscipline off-road race which saw a capacity field of 1,800 competitors take on a 13.5km coastal run, 1.5km ocean swim (shortened), 8km ocean paddle (shortened), 32km mountain bike and 2.5km beach run to the finish.

The start line was truly spectacular with competitors lining up underneath the iconic Cape Leeuwin Lighthouse to take on the spectacular coastal run course which saw Currie take an early lead.

Last year's winner, Currie, lead the race from start to finish reigning supreme in a time of 3:47:54. Currie's trail run was lightning fast and his swim, paddle and bike leg strong enough to put time into nearest rivals, countryman Dougal Allan and Australia's Ben Allen.

"It was perfect conditions for racing and we had a lot of fun out there," said Currie. "It was a stellar line up and the strongest field that I've raced on against down. It was great to have a good gap after the swim and it was a bit of fun knowing they were chasing me, trying to hunt me down. Augusta is an incredibly scenic place, it's really beautiful and the course is a real contrast to the conditions we have at home in New Zealand."

New Zealander Dougal Allan caught up some time in the paddle to overtake Ben Allen and

finish second in a time of 3:53:20. Ben Allen from Australia was the first Trans-Tasman Adventure Racing Challenge competitor to cross the line, coming in third overall in 3:59:55.

In the women's field, Elizabeth Dornom from Victoria took the win in 4:40:56 with Kristen Gadsdon hot on her heels to finish less than a minute behind her in 4:41:40. Rachael Smith rounded out the top three, finishing in 4:52:59.

"Kristen pushed me the whole way and I had a bit of a spill in the mountain bike and but I managed to pull away from her in the last run. It was an amazing race," said Dornom.

The coveted Trans-Tasman Trophy was held within the premier race and all eyes were on the competitors wearing the race bibs carrying the Australian and New Zealand flags. Australian athletes Ben Allen (2nd overall), Jarad Kohlar (4th overall) and Peri Gray (4th overall female) proved too strong for the Kiwis and were able to bring the trophy back onto home turf.

"The course was brutal but I've heard a lot about this race from the other Kiwis so I was really keen to have a go and being able to represent New Zealand was a great honour," said Olly Shaw, part of the New Zealand Tri Tasman team.

"I didn't have a great day today with a few mechanical issues in the mountain bike but Australia won the trophy and that's the most important thing today - go Aussies!" said Peri Gray, part of the Australian Tri Tasman team.

It was clear again today that the local support and camaraderie were a highlight with a hoard of spectators and supporters right around the

course and making plenty of noise at the finish line. Not even the rain that came in dampened the atmosphere at the event with happy competitors crossing the finish line all afternoon.

"It was our first time and we survived in one piece which is all we wanted to do; to just get through it," said Team Atlas from Perth.

"I beat my time from last year; saw a pod of dolphins in the paddle and the forest was beautiful in the rain so it was a really good day," said Chris Dorrian from Freemantle.

The weekend also included two additional race formats; the Act-Belong-Commit Augusta Mini Adventure Race, and the Act-Belong-Commit Junior Survivor held yesterday (Saturday 1 November). In total, there were 3,841 competitors in Augusta making it the biggest adventure race weekend in the world.

The Act-Belong-Commit Augusta Adventure Fest is proudly sponsored by Healthway to promote Act-Belong-Commit, a community-based health campaign encouraging people to take action to improve their mental health and wellbeing. A perfect example of this is team Adventurous Women from Perth.

"We wore black arm bands today as we lost one of our team members to depression this year and she was very active in this race. We really miss her so we're doing it for her today. We had so much fun this weekend," said team Adventurous Women.

The event was also made possible thanks to the team of enthusiastic and dedicated volunteers who helped out over the weekend, even when the rain set in later in the afternoon.



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## EVENTS

# EXPANDING PERCEPTIONS

## THE TORPEDO 7 SPRING CHALLENGE

by Nathan Fa'avae



On the final Saturday of September 2014, 1056-women congregated in Hokitika for the all women's adventure race, the Torpedo 7 Spring Challenge. If that sounds like a lot of women at an adventure race to you then you'd be right in your thinking, the event is largest participated adventure race in the world, and it's females only, and it's getting bigger.

2012 World Champion Adventure Racer Sophie Hart captained her team Seagate to another victory in the Spring Challenge, her 3rd. She says "I travel around the world to Adventure Racing World Series events and the World Champs, when athletes from other countries hear we have an adventure race in New Zealand with this many women, they simply can't believe it. But for me it's not the racing that matters at this event, it's the participation of so many women, it's really cool".

While people overseas are amazed at so many women taking part in an adventure race, back in New Zealand it's part of our legacy, you could say it's what we do.

Nathan Fa'avae a highly accomplished adventure racer started the event in 2007. "We had really modest aims, I was tired of hearing guys complaining that there were not enough women doing the sport to form teams [typically Adventure Racing is a team of 1-female, 3-males]. I always believed the sport would have more appeal to women if the team structure was more inviting" he says.

The first year the event had 330-women enter, a field size that surprised Fa'avae. "I thought we'd be doing well if we had 50-women turn up. We were really stretched running that event and I wondered if it was a one hit wonder. The following year in Kaikoura we were flooded with entries, we had to limit the field to 600-women" he adds.

Nathan's wife Jodie had participated in the first two editions but they knew after that the Spring Challenge was turning into a major event and they both needed to be on board making it happen. Both came from careers in Outdoor Education, Adventure Tourism and competitive sport (Jodie was 7-times NZ Downhill Mountain Bike Champion).

Jodie explains "Having worked in the outdoor industry for so long we have a lot of experience with managing people in the outdoors safely. We also want to provide experiences for people that are more than races, we like to see people

expanding their perceptions. Most of the women who do the event learn they are more capable than they thought, they learn they can do these outdoor pursuits and the value of getting outside and connecting with nature. It's not the race weekend that has made this event a success, it's the lifestyle changes the women experience leading up to the event, the weeks and months of fun training. The Spring Challenge has had a huge positive impact on so many women and their families. Every year we hear the most incredible stories of women's journeys and discoveries, it's very special and sometimes very moving".

The event moves to a new location every year, it involves rafting, mountain biking and hiking, although some prefer to run. Navigation is a component with teams navigating using maps and compasses to reach a series of check points in numerical order. Teams consist of three women and each team has a support crew, often 3-men, with a back seat full of cheering children "go Mum!"

Originally the race started with 6 and 12-hour options, Nathan points out these are projected winning times, with some 12-hour teams taking up to 24-hours to complete the course.

"We don't mind how long teams are on course for, they can take their time, complete their adventure and their goals. I think teams like that aspect, no one really cares how long they take. My highlights of the events are often the teams out late at night still moving through the course. This year at Lake Kaniere, the final team onto the canoe stage launched off the shore at 10:00pm at night, I take a lot of pride in providing an opportunity for people to do something like this. This is legitimate adventure, they'd been going since 6:00am, whitewater rafting, riding their bikes, hiking through wild bush, and then they paddled a lake at night, they have to make real decisions, function as a team, persevere though the task, I get satisfaction from seeing people do these things". Nathan says.

In Methven 2012 a 3-hour event was launched for beginners and has grown significantly. In 2013 in Queenstown, Nathan and Jodie shortened the 12-hour event to a 10-hour event and further to a 9-hour event in 2014.

Nathan explains "we have the very best female adventure racers in the world doing the event, if we make a 12-hour race for them, it means a lot of teams won't finish within the 24-hour limit. 9-hours is enough course for the top

teams to have a race without making it mission impossible for the others. Depending on the location, we may go back to the 12-hour but for now the 3, 6 and 9-hour event options hit the spot"

Hokitika hosted the 8th event and didn't disappoint. After an unusual long dry spell, the rain came in true West Coast proportions, flooding rivers, turning paddocks to deep mud and doing a good job of making everything wet. The teams had to endure adverse conditions to get through the courses.

Jodie says "the teams were so brilliant, despite the weather, it's the best and most consistent positive feedback we've had. It was evident teams had the right attitude, they came to the event hungry for a challenge and an adventure. The support crews, land owners and competitors really made the event a success".

The event has impacted on the outdoors in the South Island. Orienteering clubs report much higher numbers of women at event, especially in groups of three. Trails that were once quiet can now be busy with 3-pods of women, jogging about with maps in hand. Retail stores and online providers notice when the Spring Challenge is approaching. organised training sessions and Spring Challenge clinics are happening throughout the island.

The media attention the event is now receiving is testament to its popularity. Both TV1 and TV3 sports covered it for news. Trans World Sport, one of the worlds largest sports broadcasters, shot a 10-minute segment which will be screened to a massive reach of 335-million homes worldwide, it will also make inflight entertainment channels on major airlines. A Japanese production company had a crew of 15-filming a Japanese team taking part in the event for a 90-minute adventure show in Japan.

In the race itself, as expected, Sophie Harts team, Seagate, led from start to finish. The team of Hart, Fleur Pawsey and Susie Wood have a sporting resume that reads like the Guinness Book of Records.

The youngest competitor was 11-years old, the oldest 72-years old.

The 2015 event will be hosted by Wanaka. Entries open April 1st, the Fa'avae's will be closing entries at 1080-participants.

For more information see [www.springchallenge.co.nz](http://www.springchallenge.co.nz)

# COAST TO COAST

## THE SPEIGHT'S COAST TO COAST: DONE IT YET?

The Speight's Coast to Coast event is a world famous event that saw the birth of multi-sport worldwide. The iconic race has been going for over 30 years, crossing the South Island in either one or two days and is considered a 'Rite of Passage' for many active New Zealanders, so it begs the question, have you done it yet?

Held annually in early February, competitors race from Kumara beach on the South Island's West Coast, crossing the main divide heading to New Brighton Beach on the East Coast with a combination of running, cycling and kayaking. The highlights of the course are the stunning 33 kilometre Mountain run through Goat Pass and the 70 kilometre kayak down the Waimakariri River.

Competitors can choose between the more achievable Two Day race and the more intense One Day World Championship 'Longest Day' event. In the Two Day event race there are individual and team options but only individuals can enter the One Day race. Both events have exactly the same course but the Two Day event has an overnight stop at Klondyke Corner at the finish of the Mountain run section.

The brainchild of former Race Director Robin Judkins, the first official race was held on February 26th and 27th in 1983 with 79 competitors. The event has new owners that are injecting a range of innovations and fresh ideas from over 800 athletes that will line up to run, cycle and kayak across the South Island in February to a new finish location, the Pier on New Brighton beach in Christchurch.

Over 18,000 people have completed the event in the past 32 years and the fastest anyone has ever completed the full event was when Keith Murray took 10 hours and 34 minutes in 1994 while his wife Andrea holds the women's record, taking twelve hours and nine minutes to finish in 1997.

But the heart and soul of the event is the two day individual and teams race, which sees many choosing to camp out near the start line at the racecourse close to the small rural village of Kumara and then overnight at Klondyke Corner near Arthurs Pass.

The sense of 'community' is something quite special and unique to the Speight's Coast to Coast, with competitors, their support crews and family and friends sharing the cross country experience together. It's a fact that many supporters get so enthused with their experiences they can't wait to enter and do the event themselves.

The Coast to Coast is the world's premier multi-sport event and in 2015 takes place on the 13th and 14th of February. It is the benchmark by which all other multi-sport events are judged and 2015 marks the 33rd anniversary of this iconic adventure race.

The Speight's Coast to Coast is all about getting involved and enjoying some of the most beautiful scenery this country has to offer; so if you're not on the start line in February the question is, why not? You don't know what you're missing out on.

### KEY EVENT INFO

Two day event: Friday 13th and Saturday 14th February 2015

One Day World Championship event: Saturday 14th February

Events consists of: 3 kilometre run, 55 kilometre cycle, 33 kilometre mountain run, 15 kilometre cycle, 800 metre run (gravel), 70 kilometre kayak and a final 68 kilometre cycle; total 243 kilometres.

Individuals race in the one day event race while individuals and teams of two or three, and tandem teams (two individuals racing together) tackle the two day event. There is also an option to just do the mountain run.

For more information see [www.coasttocoast.co.nz](http://www.coasttocoast.co.nz)



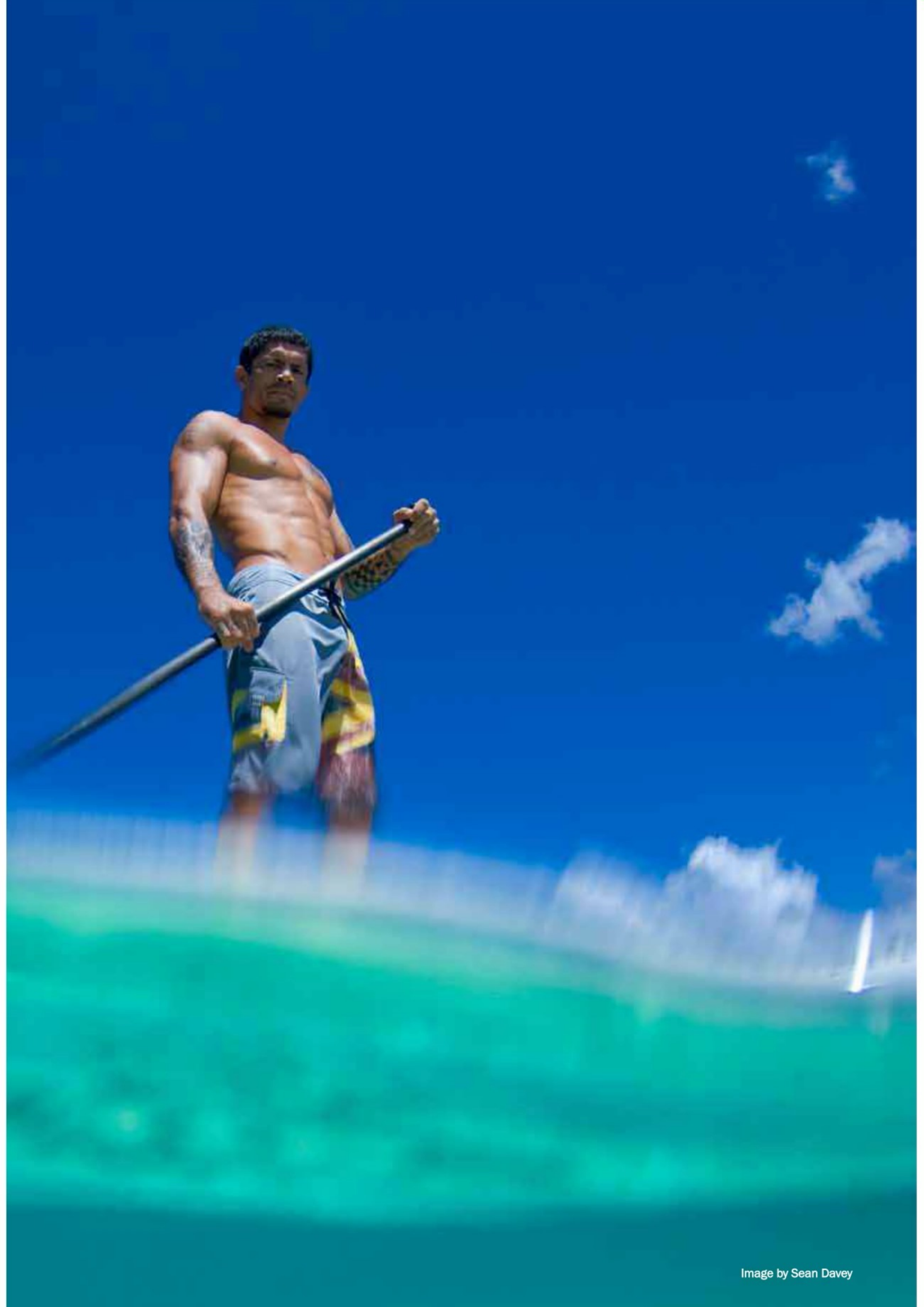
# SUP plement

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It is a natural progression of human nature to wish to stand up. Hold your fingers out to any baby and their first instinct is to stand up. There is plethora of ways to cross the water; kayak, bodyboard, sail, swim, row, surf, but instinctively we all wanted to stand up, since Jesus stood on the waters of Galilee man has been destined to try and follow in his footsteps.

There is a variety of ideas as to where paddle boarding first came from and when, but the real point is it is here now and it is here to stay. Unlike other sports that seem to come, peak and then fade, SUP has such a wide and varied appeal it is destined to become part of our culture if it is not already. Race, travel, surf, train, cruise, and relax - short, long, fat, thin, heavy, light - there is a combination for everyone and naturally a progression from one discipline or size to the other. It is easy to learn, hard to master; results can be seen in moments rather than months and most of all it's fun.

Get good advice, buy from reputable dealers who will back their products and if in doubt find a school and give it a go and once your are hooked invest in good product.





# DANIEL

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## Kereopa



Image by John Milek johnmilek@hotmail.com

Words by Cory Scott

As a surfer Daniel Kereopa needs no introduction, over the last 20 years DK dominated the domestic circuit, represented Aotearoa on the world stage with pride and passion, and over these years became a household name with his roles as a TV presenter and the exposure he manufactured with his successes as a competitive short board and big wave surfer in the surf media. Ever since the first wave that DK rode at the bottom of the hill under his family's land at Manu Bay, DK had never been one to worry about what he was riding, or what others thought of his selected craft. As a grom at times he would even swap his board for a booger, catch a few waves, and then swap back. While his competitive years meant he had to stay focused on riding the high performance board that was so necessary to finding a win, every so often DK would rattle the establishment and show up on a trip and ride a craft far beyond what had become accepted as the norm. But as a sponsored shortboarder, going off on these tangents was not seen as acceptable marketing, it wasn't what had become known as surfing. This forced a division between DK and his sponsors, who as his employers only wanted his skills to be displayed on a high performance craft. DK had set off on his journey to become a waterman and felt these comments were disrespectful to what he wanted to experience and feel as a surfer. The corporate sponsors pulled back from supporting the champ and the life he was so used to, being looked after to surf and represent a company came to an end. But for every door that closes another opens, and while the following years were financially straining DK has developed himself and transformed into the ultimate waterman, a title that sits comfortably with the man and keeps that famous grin spread from ear to ear in whatever waters he rides. We share a moment with DK.

“Whether you are a kite surfer, short or longboarder, stand-up paddler or waka paddler, when we get together after a surf, share a beer, we all talk about the same thing...The stoke of surfing!”

**For years contest surfing on a short board consumed your life, enabled you to travel the world and provided you with a way of making a living. How were those years, and what did you learn from them that you carry with you through life now?** From my first trip to the junior world titles held in Bali 1993 where I placed second, my career in surfing has been a whirlwind of life experiences! Learning to detach from family at a young age was tough, planning travel arrangements with sponsors to international junior events and wqs events was tricky. Having to negotiate sponsorship deals was frightening for my brother (Aaron) who was helping, and myself. Living up to the expectations of sponsors, the NZ surfing community and myself to perform... To ‘win’ was very challenging whilst trying to grow into being a man!

For all the struggles I had and all the achievements in and from surfing I realised that I was always on my own. If I got into trouble I had to deal with it, if I won another contest I had to deal with competitive backlash ‘I’ became my team and ‘I’ had to trust the path surfing was taking me on. ‘I’ became a competitor.

**Nearing the twilight of your competitive short board career, you began to experiment with other facets of water pleasure and craft, riding Twin fins, singles, longboards and taking up Waka Ama. Did these experiences spark something within you that you wanted to seek out?** If I didn’t compete as a short boarder I would have never picked up the skills to surf the crafts I ride today! Riding a short board is the hardest of all surfing crafts in my opinion! I enjoyed having my skills as a surfer being tested by the single fin, the twin fin, the long board, and waka. I started to get an insight into the evolution of surfing, and I give respect to all the old buggers who lived through the many eras of surfing...Making a single fin ride like it should be, without forcing it, is an art form in its self! The art of surfing is what transformed in me.

**In 2007 you had a remarkable year winning the National Championship across three divisions and also the Oakley/ ASL Australasian Big Wave Awards paddle in. Many athletes pound out their careers way past their used by date, yet you decided to end your competitive career and go out on top. Your sponsors at the time were not so supportive of this move and pulled pin on their support, how did this affect your confidence as an athlete and your earning potential?** Firstly I never wanted to stop competitive surfing. I planned to win the NZ short board circuit again, win the NZ long board tour, the senior, open, long board national titles and the big wave title but I never thought it was all going to happen in 2007. I fulfilled a three year plan in one year. I needed a rest, I had burnt myself out and placed a huge amount of pressure on my personal life!

I lost the love of surfing..It was a job! I went searching for the love of surfing again. I was looking for the edge to be a happier surfer. That is also when sponsors pulled away from me.

It messed me up financially, I went from living sustainably to having to move into a garage because I couldn’t afford rent. (This sounds like a woman’s day story)ha ha ha, I never lost confidence in my abilities or as an athlete. I lost confidence and respect for the whole corporate surfing community! The question I was asking myself, “how can I (the best surfer in NZ) get no sponsorship?” I struggled to get surf wear, a surf board, a wetsuit, so by the end of 2008 I turned my back on surfing in NZ ...This is when my real journey began..

**During the transition from short boarder, you first moved into long boarding, taking the national circuit title and then broadened your skill set when Stand-Up Paddle Boarding came onto the scene. Shortboarders don’t tend to have mutual respect for the SUP movement, yet here we had you as the best shortboarder in the country out on his SUP in the waves of your home break Raglan. How was this received by others back then?** When I had no shortboard sponsors, Naish NZ offered me a ‘hand shake deal’ to ride their sup range. I was super stoked! No contracts, just the freedom to keep surfing. I took my knowledge of waka ,surfing and went stand-up paddling. Once again Manu Bay became my training ground for my new activity. It was not received well in the Raglan surfing community that I was stand up paddling. Longboarders were not the biggest battleship in the line up anymore, DK had the biggest battleship. Also at that time I was looking for a connection to the ocean with the ability to express my surfing, stand-up paddling was my thing!

**So what other forms of craft have you begun experimenting with?** I have been riding the alaia (carved wooden surfboard), putting my workshop tech skills to practice. That’s a very interesting feeling! I am totally hooked on kite surfing and stoked to be supported by ozone kites. I have been kiting for 3 years

I’m thrilled to say kiting has changed my perspective on surfing again, bigger airs, harder on rail turns and three times faster. (when there’s no wind you surf, when there’s howling winds you kite, which is no good for surfing anyway.

**Should it matter what a surfer rides, as long as they are respectful of others that are also participating in the same surf zone? Why do you think a surfer is only seen as one that rides a board of a certain length and design?** I have the privilege to hang out with all kinds of surfers. Whether you are a kite surfer, short or longboarder, stand-up paddler or waka paddler, when we get together after a surf, share a beer, we all talk about the same thing...the stoke of surfing! We do what makes us feel good, which makes us feel alive...which makes us better people...the more happier people in this world the better for our future.

**Many people think DK the short boarder has been consumed by the SUP movement, yet you still put in the hours on your high performance craft when conditions are right, how do you decide what and when you will ride?** To be honest I got bored with shortboarding. I got bored of the same conversations and conditions which I surfed in.

Back in 2008-9 I had a work site accident and got electrocuted. It stopped my heart, I was a dead man... For the next 18-24 months I had to learn to breath, hold my breath and re-build my body because I got fried... SUP helped my recovery back into the waves and into a new way of participating in this life..

I will ride whatever I want in the waves. As long as I am happy and I can share the waves with my brothers but especially with my son Cabe daughter Nia and my beautiful woman Renee.

**You were one of the first exponents of the tow surfing movement and have pioneered many of our best big wave spots, does this facet of surfing still make you hungry to push the limits within yourself, and with the advancements lately in the big wave paddle surf movement is paddle surfing massive waves still a motivating factor in your surfing?** Paddling into a giant wave is the most exhilarating feeling; it’s you against the ocean. Not many surfers are willing to challenge their abilities in big surf and face their inner fears. Some thrive off fear, some thrive for the challenge. Yes I still dream of searching for new big wave locations and riding my sup, kite, paddle, and tow in surfing. I can’t do this on my own so I have been training with Ben Poulter, Chrissy Malone and my partner Renee to create our own tow team. It has been a lot of fun watching the crew drive the jet skis going through safety procedures and gradually seeing



Sequence by Cory Scott



Image by John Milek johnmilek@hotmail.com

## THE QUIVER OF A WATERMAN:

Agenda Coreflex DK 5'9x 18 7/8 x 2 3/8

Agenda DK Stubby 5'6 x 22 x 2 1/2

Agenda DK Summer board 5'10 x 19 1/2 x 2 3/8

Agenda DK Grom Sup 7'4 x 26 x 3 1/2



Image by John Milek johnmilek@hotmail.com

their confidence grow as we tow into bigger waves! Ultimately we are out there to catch the biggest waves we can find but I see a great friendship growing between us. There is no better safety person than a good friend driving the safety ski watching his buddy drop into a bomb...I am always keen on a mission with the team.

**Surfing was your career for many years and how you made your bread and butter, you wanted to broaden your idea of what surfing was and lost financial support by being non conformative, how are you getting by these days? And what lays ahead for DK the waterman?** Renee and I live in Orewa Beach running DK surf and sup school. We do lessons everyday. The beautiful feeling about having our own surf and sup school is we can share all our knowledge with people. As an instructor we have the ability to share the essence of surfing to a person and that to me is more important than just standing on your board and riding the wave. The ocean makes us feel good.

I do surf camps where I take kids to Raglan and show them my home and safely surf the places that made me the surfer I am today. We skate, learn to fly kite surfing kites, you get to have an insight of my life. Meet the locals eat lots of food, it's great!

I am super excited to be working with a NZ grown surf brand, Agenda. I designed a DK Surf series with Agenda, together we have shortboards, mini mals, longboard, surf sup and flat water sup. .all my designs are inspired from grass roots surfing and fun.

I also have begun manufacturing custom DK high performance stand up paddle surfing boards here in NZ. Designing my own range of sup surfing boards has been a project that has enabled me to be innovative and push the boundaries of what sup surfing can be at a high performance level. If you know what you like and want a sup to improve your surfing check out [www.dksurfing.com](http://www.dksurfing.com)

I am going to compete a little more next year in all surfing divisions so watch this space. I am fit, strong and got some mean boards under my feet.

Time to walk the talk cuz!



*"Being a Kiwi, it just feels right designing for a New Zealand surf brand."*

► QUALITY

► PERFORMANCE

► VALUE

FEATURED BOARD:  
10'2 NOSE JOB.  
LONGBOARD STYLED SUP.

\*deck pads fitted as per  
customer order.

# ANNABELS guide to sup



Annabel Anderson is a world leader in Stand Up Paddleboarding. She is a World Champion, Battle of the Paddle Champion and fastest woman on the water. She divides her time between travelling on the world circuit, coaching clients the world over and scheming the next adventure she's about to embark on. This issue she shares with us her guide to all things SUP this summer.

Here's how to gun it straight out of the gate and be armed with all the info you need. It's the no-bones-cut-to-the-chase bluffing guide to all things SUP this summer. And I promise you that it's oh-so-much-more than 'a great core workout'.

#### **1. Lake-ing it or finding yourself stuck in the city this summer?**

If you live in any major NZ city, you're going to be close to water which means that you can now make the most of the water sans waves.

**2. Be respectful to the conditions and the ocean.** Yes, it's easy, but it's difficult to master. Be sure to know what the wind and tide are doing and plan your mission accordingly. And if you don't know....ask!

#### **3. Be careful who you ask for advice and take direction from.**

The evangelistic women (or man) that doesn't look like they could stand up on a surf board, likely can't surf a SUP either. Just because they've done it for a while, or have a certificate does not mean they have any skill or commonsense. Instruction is unregulated. Do your homework before you sign up for tuition and don't believe everything you read online or see on YouTube.

#### **4. Try before you commit.**

There's a plethora of rental operations that have sprung up across the country removing the hassle of lugging big boards to the beach and back again.

#### **5. Taking the plunge.**

If you're looking for a board (and judging by the plethora of messages I receive a lot of you do!). If it seems too cheap, it probably fell off the back of a truck. If someone's buddy's 'gonna hook you up a sweet as deal' make sure it's a reputable brand with a warranty. A few cowboys have been known to operate in the industry and it's a case of Caveat Emptor. Likewise if you see a rad deal, grab it balls and all!

#### **6. Prior preparation**

Just remember, you're going to need a place to store it and trust me it's a little bigger than the short board you stash in your bedroom! ?

Unless you have some super duper hooked up mates who lives beside the water who is up regular visitation, you're going to have to suss this before making the jump and buying a board.

#### **7. I got a board....how do I get it to the water?**

Hmmmm. Good question. Practicality first.

Do you have roof racks? Do you have a car that you can put roof racks on? If it's all systems go, don't skimp on price. If possible get Thule racks and if you're super stylin' you'll get the SUP Taxi. Why some goofy looking contraption to go atop the cross bars? They have a locking system keeping your precious mother ship safe and sound while you're driving about town.

#### **8. It's always more fun with more.**

Like going to a walk, run or ride with your best mates, going for a paddle gives a whole new

perspective on where you live. There's plenty of cafes on or near the water to make a nice intermission to your paddle. Call it the coffee ride of the water.

#### **9. Kids will be entertained for hours.**

Put a board in sheltered waters and kids will swoon from the boondocks. With natural balance and cat like reflex you'll be in awe of how they make something look so easy while your legs tremor with rigidity.

#### **10. Show-up-and-blow-up**

Awesome if you're on a boat, don't want to chip the gel coat and can't be assed getting in the dinghy to go to shore, tackling a grade 3+ river or don't have anywhere to store it.

#### **11. Get your fish on.**

Bored with sitting down to fish out of your kayak? Stand up and troll with your rod out the back. Get your fish on with rod mounts, extra stability and coolers to sit on when you're reeling them in.

#### **12. We've all seen it, but does anyone actually do it?**

Fads come and fads go. The naysayers predicted it would be over before it started, but SUPyoga is holding fort. It's not for everyone, but add some beautiful still, calm water, a sunrise or a sunset and you have a magical setting for a floating yoga mat and a blissful savasana to drift into.

While the SUP Yogi is famous on Instagram, it's not so famous on the waters near you.

Don't get me wrong, we love our yoga and a



floating savasana is next level blissful.

To make sure you have the SUP Yoga experience that you are worthy of, here's a few key tips to follow:

- Stick to calm shallow waters (preferably not too cold) that are not affected by wind or tide
- Avoid windy areas of waterways of high boat traffic (boat wake will send your warrior sideways)
- Your stability will be dependent on the width of your board. Make sure you opt for the extra wide variety and a minimum of 10 foot long
- Avoid practicing in a bikini. No matter how hot your butt, not one downwind of you appreciates seeing your nether regions while you 'get your hips up' in a downward dog. We LOVE Mahiku Activewear Kini Capris and Longs. Swimsuit fabric in crazy fun colours the will serve you well if you want to surf, run or get your sweat on off the water as well.
- Your success will be determined by your practice off the water. To avoid a dunking, perfect your headstands on land before you try them on the water.
- Kiwi water is cold. Keep the poses simple but strong. Just breathing and stabilizing will take all of your concentration. As the water warms up, get a little more adventurous.

### **13. There's competition, but it's not all about competition.**

Humans have a way of turning everything into a race and yes, if you're so inclined there's more than plenty of this to whet your competitive natures in the upper North Island area. You can rock up and enter on anything that floats, but

you'll soon see that the serious ones are rep'ing 12'6 missiles of carbon fibre. You don't need something too fancy to get going and there's always 2nd hand kit doing the rounds. If you're fit, don't be disheartened if you get passed by someone that looks as though they only leave the couch once a week. Technique and skill are everything, as is becoming comfortable with the water in all conditions. Good things take time and practice and with a little dedication your progression curve will be steep. Just don't be fooled that it won't hurt. It's an endurance based activity and you're heart rate is likely to go through the roof. Keep it fun, challenge yourself, get fit, just know the limits of your capabilities.

### **14. Just because you can catch a wave doesn't mean you should.**

Arghhh...the old battle grounds of the surf break. SUPs are definitely the new kids on the block and in the scarce resource of waves, we're pretty much hated. Knowing this, plan accordingly.

- Know the road rules, or get some hot surfer mate to explain them to you.
- Avoid big crowds of short boarders. They will be sitting in the critical part of the wave and will not appreciate you dropping in on the shoulder.
- Make sure you can pivot turn on a dime and are as nimble as a cat on hot coals. It will ensure you can position yourself where you want to catch the wave
- The East Coast is best and a lot more accommodating with softer waves, more room and greater acceptance.

- If in doubt about anything, ask someone who looks like they've just gotten out of the water or is about to head in.

- Leave the ego on the beach. Don't be afraid to sit out a session on the beach. Better sitting, watching and learning than getting your ass handed to you, smashing your face and looking like shark bait.

### **15. Safety first.**

New Zealand is home to an extraordinarily large incidence of drownings every year. There's been some close calls with paddlers getting swept out to sea and rescued by the Navy.

Everyone has a responsibility not to put themselves in a situation they cannot get out of. If you want to learn how to be safe in NZ waters, join your local lifesaving club and work towards your bronze award. Not only will you be able to assess the conditions, but should you come across a situation you'll know how to respond.

### **16. Follow the rules.**

Most of the time you'll now have to wear a 'Personal Floatation Device' (PFD) if you're in sheltered waters. Waist belts (think 80's bum bag) are slim line and you don't notice you're wearing them, but if it's cold or your unsure, a wakeboarding vest or traditional life jacket will see you safe.

Always wear a leash so your board does not run away from you should you end up in the drink. So there we have it, the bluffing guide on how to float, paddle, stretch, race, surf, fish or simply just paddle your way into summer.

**I**n all of history there  
is perhaps only one  
other who knew more  
about paddleboards.

NO ONE SELLS MORE OR KNOWS MORE  
ABOUT PADDLEBOARDS.

 **NZ Boardstore**  
KITE SUP WINDSURF SURF



# PATRICE

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## Chanzy

Portrait by Zac Dickinson, Main image by Gilles Calvet



Patrice is a quiet unassuming guy, who surfs, and paddleboards like he is possessed? He puts his life on the line in some of the most ferocious waves in the world as part of the Tahitian water patrol –we caught up with him for a chat.

### OK how did it all start?

I grew up in the neighbourhood of the city of Papeete. I used to go to the beach every weekend with my parents and cousins. We had small wooden body boards shaped by my uncle to ride the small waves..

At 7 years old, I started swimming in a club and did competitions. When I was 10 years old, my older cousins were surfing already. I followed them with a softop to surf the beach breaks off the east coast.

### Tell us a little about Tahiti?

The waves in Tahiti are different around the island. We have a couple of beach breaks but mostly reef breaks. From November to March, we have the north swells from Hawaii coming to our east coast beach breaks. One or two good reef breaks work at this time if there is no wind.

The south west side is rarely flat. We can surf the reef breaks from Taapuna to Teahupoo almost every time during the year. I love riding powerful waves breaking on a shallow



“Falling at Teahupoo can be fatal. It depends on how you dive into the wave in a **wipe-out to escape.**

Sometimes you have no control, there's so much power, you are in a washing machine, you just protect yourself and wait till it calms down.”

sharp reef especially barrels and big ones like Teahupoo or Sapinus.

The biggest barrel I have seen was at Teahupoo... was maybe Koa Rothman's wave but also the biggest wipeout ... unbelievable - he didn't get anything from this closeout! Lucky.

**You have been working with the Tahitian water patrol for many years now - how has that been for you?** I have been working with the Tahitian water patrol for 14 years now. We had the help of Hawaiian waterman Brian Keaulana the first years. He is the best in ocean safety risk management. I learned a lot from him to become a rescue jet ski lifeguard and risk technician.

We trained for the worst, learned to plan for the best and to expect the unexpected. The first priority is prevention but if needed go do the rescue. That is all we need for a pro surf contest at a place like Teahupoo and of course on code red days...

**Does it help being a Paddle boarder with the patrol?** Being a reef break SUP surfer and also a good bodysurfer helps a lot. You feel the power of the wave and learn how to wipe-out. You are just not too scared of the big waves and the reef. You know your surroundings.

**Is there a lot more training involved?** Of course being certified with first aid and CPR is important. The jet ski and the sled attached in the back is a rescue craft. You need to know how to drive in the surf and make rescues with it especially on reef breaks. You need to be certified and really qualified to do the job, and this is the experience you have with the ocean and heavy waves that makes you a good rescue jet ski lifeguard.

**Talk us through what happens when you see someone in difficulty.** When we see a surfer falling in the wave we always check where he is

gonna pop out especially if he is in trouble right in the impact zone of the wave and especially in the heavy west bowl.

We make the decision to go rescue him between two waves. Sometimes you cannot go straight away because you can see his board but he is still underwater and you can hit him with the jet ski. We communicate a lot on the jet ski, it is two lifeguards and four eyes. Sometimes you see things he doesn't see and it helps in a rescue especially at Teahupoo.

**What has been the most difficult rescue to date?** The most risky rescue was the one with Jeremy Flores 2 years ago during the Billabong pro. He fell in a big barrel and popped out in the west bowl after being dragged about 100m underwater. Then a really big heavy west one was going to break on his head on shallow water. I decided with Poto to go get him no matter what before he gets sashimi on the reef. When we got to him, I grabbed him on the sled and the jet ski started to cavitate on the white water, that means slowing down. The next wave was breaking right behind us and with full throttle the jet ski finally decided to get away from the bad spot, we made it. Sometimes you take calculated risks in a rescue. It makes an exciting day for us....

**Teahupoo has a huge reputation, it always looks so bad.** Falling at Teahupoo can be fatal. It depends on how you dive into the wave in a wipe-out to escape. Sometimes you have no control, there's so much power, you are in a washing machine, you just protect yourself and wait till it calms down. You can hit the razor sharp reef or break something on your body. With some chance, you have nothing, no cuts... then Teahupoo is cool to you. Most of the time you end up in the lagoon crossing the reef being washed by the big set...and you are safe.

**What makes a good Lifeguard?** Being a lifeguard in Tahiti, especially for surf contests at reef breaks, demands a lot of experience and skills. You need to love that job first; the passion to help people in the ocean and take care of surfers. It is such a dangerous sport when it comes to riding heavy waves that some people are needful to take care of water safety to keep riding waves. When you are trained you

are confident in your actions...you want to make sure that everything goes well at the end of the day to make a good day.

The best training for the water is in the water. A good waterman makes you a natural lifeguard. The ocean is your playground, sharing it with people and helping them in it. I'm sure every waterman has already rescued someone in trouble in the ocean.

I love to ride the waves, surfing, bodysurfing, stand-up paddling .... just everything that makes you happy ..

**How is your daily routine?** I try to surf every day or swim if there are no waves ... just trying to stay in the water. I love surfing, right now I'm more into SUP because I have to try new models from F-ONE SUPS for research and development. There is nothing better than going back riding a short board doing different manoeuvres on the wave...just keeping having fun!

Bodysurfing is also very fun, using your body to ride the wave. It is the best workout for a lifeguard.

**Tell us about your part in filming of the movie IMAGINE?** Sapinus last year during the filming of Nuit de la glisse movie « IMAGINE ». I took off really deep on a big one and at the bottom turn the west bowl was already jacking. I entered the tube with a big spit that blinded me from seeing the exit ... I was so deep that I thought I was going to eat it but I stayed focused and I just kept my direction and hoped for the best. We had all the boys screaming coming out of it...it is the best feeling for a surfer for sure and especially for me on a SUP.

**Everywhere in the world there seems to be conflict between surfers, paddleboarders and bodyboarders – is it like that in Tahiti?** I don't think there is much rivalry in the water in Tahiti. We all know each other. We try to share the waves but like everywhere in the world everybody wants the Bomb. I think it is more friendly in Tahiti than Hawaii or the Gold Coast. Some guys act like kooks with no respect - wanting to catch all the waves in a spot, this happens in some spots for sure...but Mother Nature punishes those people, no worries.

**How was the Billabong Pro this year?** This year's Billabong Pro was unreal, with perfect big barrels and great performances from the pros. Of course lots of work for us, Tahitian water patrol takes care of safety in the spot. I think the competitors were charging more because they knew the water patrol jet skis were ready to get them if in trouble. Yes sometimes we needed to do some risky rescues to pull the surfers away from the bad spot, avoiding them to get hurt.

Also I would like to send some Thanks to my sponsors who make my dreams alive.... F-ONE sup, MANERA, ISUZU Dmax, KAENON polarized, Futuresfins, Watermans sunscreen, Elevation tahiti, Dafin.

Maururu roa ,  
Patrice



# SUP fitness

By Victoria Stuart



In the SUP-biz we see it often – time-poor weekend warriors looking for more speed with less effort. It's what makes paddling so enjoyable - the endless glide. Many have a quiver of carbon boards and paddles designed to give them just that... but at what cost? Aside from the dollars, most commonly: a niggly shoulder or lower back. Knee pain. Tennis elbow. Sound familiar?

The technology available to stand up paddlers today is phenomenal. The lightest double-dihedral blade. The magic bullet with more volume up front and enhanced bottom concave to make it accelerate into the waves. It keeps pushing the boundaries. But when it comes down to it, what's the most important tool you can have? You. The paddler. All that fancy equipment won't be as effective if you're not using it correctly.

Introducing PaddleFit. A SUP specific movement-based workout system geared towards making people better paddlers, towards making them more functional, and injury free.

PaddleFit Founder and Elite coach Brody Welte recently visited New Zealand with Heartmath coach John Denney to hold the first NZ PaddleFit certifications and SUP clinics with a lucky few. Welte coached Candice Appleby back into form for her 2014 BOP win. He also works regularly with Slater Trout and other top Californian athletes, and with a thriving business now boasting 1100 coaches across 18 countries, the tanned blonde American probably knows a thing or two about SUP training.

"Everything we do has a purpose, it's to get healthy, to get stronger, it's movement based. There's no-one really in the SUP World that's doing that, and to be honest not a whole lot of people doing that in the traditional fitness industry either. Usually things are fad-based or 'try this gadget' or that, but to really teach people the movement patterns they need to be healthy and successful - that's where we fit," says Welte.

"I think a lot of our elite level paddlers don't understand paddling. They're still fast, but I think the progression is going to continue to be accelerated as they learn proper technique, as they learn proper training – not just taking a triathlon training program and slapping it onto Stand Up, but to create a SUP-specific training program.

"You don't want everybody to be cookie cutter, but there's just certain fundamental facts about the paddle technique that a lot of people don't understand."

A personal trainer for 15 years, Welte's PaddleFit program is a unique combination of his background in functional fitness with the sport of SUP – which he learned from the likes of Dave Kalama, one of the top technique coaches in SUP on the planet.

"I want PaddleFit to be the go-to for not only the fitness aspect but also for understanding proper technique – the rotation, the hip hinge, the proper technique which not everybody has a good foundation in. As the training gets bumped up and people learn technique you're just going to push the envelope of how fast the paddlers are going to get.

Welte and Denney were most impressed by the NZ SUP Community during their stay.

"I know Annabel comes from NZ and she's one of the top paddlers on the planet, but I was surprised at how well organized the races were - with races every week – at the number of people on race boards, and seeing the kids involved. It was really cool to see a country that's only the size of one our States have a very thoroughly developed culture, and with as much water as you guys have, that's only going to bode well for the sport continuing to grow there," enthuses Welte.

Looking forward, Welte's money is on the kids. "Just look at the Cody Kerbox's or the Mo Freitas' of the world. And (NZ's top U16 paddler) Ollie Houghton – here you've got a 14 year old kid who understands technique, he trains hard. As he grows into his body he's going to be great one. Riggs Napoleon is another one. You've got a ton of the young people who are going to push the sport, and as they start to mature you're going to see a huge acceleration in the growth of the athlete."

"The fitness angle of stand up paddling – meaning people using SUP to get healthy and really increase their fitness – is, and will to continue to be, the largest part of stand up paddling," predicts Welte.

All in good form.

To find a PaddleFit Coach near you visit [www.paddlefitpro.com](http://www.paddlefitpro.com).

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# KAI Lenny

Portrait by Red Bull, Main image by Steve Dickinson



Intro by Brian Roddy

Kai is 22 years old, born and raised on Maui. Or better yet, he was born on Maui and raised in the ocean. He could swim since he could walk and the ocean has always been his playground. He surfs, fishes, kiteboards, SUPs etc. and though he's one of Maui's best on a traditional surfboard, Kai has become one of the best stand up paddlers in the world. He can huck the tail around like Julian Wilson and, obviously, will go on waves that would intimidate the most hard-nosed surfers in the world. He is an anomaly, and here's what that anomaly thinks about the world of SUP.





**I first started to hear about you as a wee grommet under the wing of Robbie taking the windsurf world by storm. When did that all start and what do you remember of those days?** My dream of becoming an Aquanaut all began as early as I can remember. I have known Robby my entire life and he has been a big supporter of my success as a sponsor and as a mentor. I caught my first wave when I was 4 years old and grabbed on to a Windsurf boom when I was 6 years old. At 7 I saw Laird stand up paddling and began to do that sport. When I was 9 I began Kitesurfing along with Tow-in Surfing and Foilboarding.

**Was it just natural for you to start down the waterman path or were there people around you who helped and directed?** No doubt where I am today is because of the guidance I have been given while growing up. I was never forced to do anything all, it was my parents, my mentors giving me the tools to do the right things and the knowledge to bypass mistakes that were easily avoidable. It has always been my dream path to follow - I'm just lucky enough to be surrounded by the right people.

**You have a phenomenal talent in so many areas – kite – surf- windsurf – paddle board – how much is natural talent and how much is hard work and training?** Since I was born into an athletic family and have been graced with more energy than I know how to handle (even to this day.) I would say in order to go from a naturally talented, ripping athlete, to a World Champion calibre athlete, no matter what - hard work is as important or even more important than just being naturally gifted. I know a lot of very talented athletes who don't have the work ethic that could potentially be the best surfer on the planet. It just takes a little of both.

**Out of all the water sports you are involved with, is any one preferred over the others and why?** I get this question a lot and I have



to say preferring one over the other would be like choosing which one of your toes or fingers are your favorite. They all are a part of me, and they all allow me to do things that just one wouldn't be able to do on its own. And maybe that's not the best analogy but my favorite thing in the world is to ride waves. The equipment I use is what the conditions are best suited for and as long as I get that sensation of moving across water I'm happy!

**On switching between a surfboard and stand up paddleboard:**

They're both really fun. Often times, I'll start out catching a few waves on my regular surfboard and then switch to the stand up. On the stand up, you can see the wave a lot earlier than everyone else and you're obviously already on your feet. It's easier, so it's good to show people that you can surf too.

**On Jaws:** It's cool because the first time I took a stand up out there was in 2010, when only a tiny crew of guys were surfing it. So I know most of the guys out there already and they're all my friends. I feel really at home at Jaws no matter what I'm riding. Still, I stay super respectful on my SUP and if someone is in a good spot, I'll let them go. And everyone has been more supportive of me out there. Last swell, guys were actually telling me to go get my SUP cause they wanted to see me get a few on it.

**On adversity:** It's rare, especially in bigger waves. But sometimes in smaller waves, people give you eyes or lip about it. Whenever they do, I go in and grab my shortboard. And it's really funny because I catch way more waves on a surfboard anyway. I think the disdain for SUPs stems from the fact that they make it easier for some people to catch waves that are beyond their ability level. And you might hear a story about somebody making a mistake with one and it's a really big board to make a mistake with. It's definitely a "The person is more dangerous than the gun" scenario.

# SUP Travel

As our summer starts to wind down with the prospect of coolers climates and wetsuits ahead it's a good time to think about the destination options for a winter escape. A week or two in warm water can do wonders for the soul, improving the skills, updating the gear and all round enthusiasm for getting on the water. In the Pacific islands and most summer destinations, you do not need a wetsuit, so it's a fantastic chance to push the limits in good conditions for entire days on end. The experience is often a unique chance to get a really nice feel for a place with stunning underwater sights and views back to shore and an affinity with the locals.

Where to go?

The South Pacific islands offer great variety and good value, and for the bigger budget adventurers there are loads of destinations. You can hire gear here or just take your own with a number of accommodation options to suit your budget. There are many resorts on these islands which make for a great balance of taking your partner or family away whilst still getting some great water-time in.

Check out any of the international magazines and you will find numerous destination options around the world. From New Zealand, the most popular destinations are Fiji, New Caledonia, Rarotonga and Hawaii. There are other underground destinations popping up- such as flat water and surfing in the Maldives, Indonesia and Tahiti.

The most common questions we get are: What are the board restrictions on flights?

And Does the location have SUP boards for hire?

There are 4 main airlines that fly to the majority of the South Pacific islands. Air New Zealand, Virgin Airlines, Air Pacific and Air Tahiti Nui. They all have board length restrictions on their flights and there are a number of factors along with the airline policy on length of oversize items like SUP's being accepted on the flight. They range from 200cm

to 250cm (2m – 2.5m). Now this doesn't seem like very long at all since the average SUP length is around 366cm (3.6m).

For the airline to accept and carry oversize items it also depends on what type/size of aircraft it is- as obviously the larger the aircraft the larger the cargo hold. For example if you're on a Boeing 777 or 747 compared to a 737 you've got a higher chance of it being accepted. It also depends on whether the cargo hold of the aircraft is full. As oversize items are accepted last onboard.

It also depends too on who you get upon check at the counter and the baggage handlers. So flirt, grease, be nice, polite, courteous and friendly with your check-in person... even a top button undone couldn't hurt either!

The good news however is that nearly all these aircraft from a small 737 right up to the larger 777 and 747 CAN actually fit boards of up to 375cm (3.7m / 3.8m) subject to the above and there being space available in the cargo hold etc etc. To give yourself a better chance the option of sending it as freight is always there too and these costs start off around \$420 and upwards.

While we at Island Holidays have great relationships direct with the airlines we can increase your chances of getting your boards on the aircraft but we like the airlines can never guarantee oversize items. Some of the airlines do also charge a sporting baggage fee to carry boards- which is usually around \$35 an upwards each way. Further afield destinations such as Indonesia and the Maldives, Malaysian airlines are another option and allow a generous baggage limit.

You can hire gear here or just take your own with a number of accommodation options to suit your budget. There are many resorts on these islands which make for a great balance of taking your partner or family away whilst still getting some great water-time in.



**FIJI :** There are some gorgeous offshore islands around the (west of Nadi) Mamanuca's and Yasawa island chain, and a lot of the resorts are realising that SUP's are an essential part of their watersports collection. Tavarua and Namotu Island resorts have a great range (and are included free in your package).

**NEW CALEDONIA:** With the largest lagoon in the world and some fantastic outer islands like the Isle of Pines. New Cal has some outstanding coastline with amazing rock formations and crystal clear lagoons. There are a number of great accommodation options right on the beach at Anse Vata Bay (a stone throw from the lagoon), and a lot of places hire out gear.

**TAHITI/BORABORA/RAIATEA:** Some of the most picturesque backdrops with lush tall peaks and water colour that will blow your mind. Some of the outer islands have great watersports centres and a lot of the main resorts have rental gear which is free with your packages.

**VANUATU:** Vanuatu is renowned for its sealife and diving – There are a few places which rent out SUP's in Port Vila and some great estuary/river paddles as well as a few surf breaks and interesting lagoons.

**INDONESIA :** Becoming more and more popular lately with a lot of good SUP friendly surf breaks. You're also able to rent them from a number of places in the Kuta/Legian beach area.

**MALDIVES/INDIAN OCEAN:** There's either the option of a resort in the Male atolls (who rent them out) or taking your own and heading on a central or outer atolls charter boat. A short SUP (8'6" max limit on inter-atoll flights) can be a great option here with inside lagoon and outside surf breaks to mix

it up. The marine life here is amazing (Manta's, Whale sharks, dolphins and turtles) and the atolls amazing.

**HAWAII:** Accommodation on the North Shore includes really only the Turtle Bay Resort (who have a fantastic watersports centre) and a backpackers hostel in Waimea. Rental cars are a good idea here as it enables you to paddle and explore the whole coastline. Winter is also a great time to go as the coastline opens up to a more friendly experience with shoulder high swells. Packages can include stops in Honolulu/Oahu or other islands. Maui offers a wide variety of alternative activities including mountain biking, diving, snorkelling, whale watching, golf, etc.

**RAROTONGA AND AITUTAKI:** Rarotonga offers some great paddling down around the motu's in Muri Lagoon. Muri Beach has a range of accommodation with easy lagoon access. There are no watersports centres or rental places for gear up here yet.

**SAMOA:** The best way to travel is to hire a car and trip along the coast. Base yourself at any one of the resorts like Sinalei Reef Resort or Salani Surf Resort (who hire out SUP's) and do day trips. There is some amazing golden sand / lava rock coastline to explore from coral lagoons to mangrove forest along the south coast and the island as a whole is simply outstanding.

Basically, anywhere you want to go, Island Holidays can get you there!

Pete Head  
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# SUP NIAS

By Franck Debaecker

For many of the planet's surf addicts, the island of Nias is one of THE must-visit destinations, to surf the infamous right break to be found there. From May to September it's a magnet for top level surfers seeking out loooooong tubes to max on. French rider David "Davos" Latastere, American Chase Kosterlitz, and plucky Brit Pete Holliday, decided it was time to chance their arms there on their SUPs.

It's not very often that it's taken such a long time to reach my destination. Destination being Lagundri Bay on the island of Nias. Already a long trip, but one which had more than its share of unforeseen delays : Malaysia Airlines A380 flight from Paris cancelled ; then forest fires that made it impossible for the small twin-engined planes doing the Sumatra-Nias route to fly.

So here I am, stuck in Medan, an average Indonesian town with not much to recommend it. Happily, David Latastere, Chase Kosterlitz and Pete Holliday managed to move on a few days before lockdown. Flights arrived on time, no problems with connections just the baggage. Too big for the small aircraft flying the island routes twice a day, so brought on by boat.

Still waiting at Medan airport, I'm on the verge of doing the same. The airline has just re-cancelled my flight, I've been travelling for four days already and there's nothing to suggest it's going to be over any time soon. Hanging around in the queue, I get talking to an Australian surfer called Marcus. I suggest that we share a taxi to the port of Sibolga on the island's south coast and catch the night ferry.

Theoretically it's not a long way, but with the state of the roads it's nevertheless a 7 hour journey to get there. We decide to take the risk, especially looking at the local newspaper, which is cover-to-cover with the clouds of smoke making all air travel impossible in southern Sumatra. But before we can catch the ferry, time to get our money back for the cancelled flights. Big queue of disgruntled travellers, more lost time. A young Indonesian guy from Nias asks if we want to taxi-share. He joins our "team", a young local with a few words of English could have its uses in this adventure. We quickly deal our way into a taxi and manage to hit the road just before the Indonesian President's cavalcade closes everything down so he can inaugurate the new airport.

I'd imagined a road in pretty bad condition, but maybe with the odd section of decent surface. But we're max-ing at 50kph here, and our young Indonesian friend, a bit effeminate to be honest, starts squawking his head off to the music on his headphones like some kind of reject from The Voice. At first Marcus and I find it amusing, but after a couple of hour's non-stop it's starting to get on our nerves...

Luckily, our taxi man stops for breakfast. Although this means that we possibly WON'T be making it in time for that evening ferry. Earlier, back at the airport, I'd been checking a few websites where travellers had spoken about the ferry and the fact that it's nearly always running late. It's supposed to leave at 8.00pm and we've got at least 6 hours driving left to do. Theoretically, we should make it in time. I go to hurry up the driver, he finishes his cigarette in one draw and coffee in one gulp, and we're back on the road, a road which is in terrible condition but which does allow some stunning panoramic views from time to time.

We effectively cross the island from north to south, passing by Lake Toba, an immense inland water reserve. But there's no time to stop, we head onwards towards Sibolga. As night falls, so does the rain, storms rumbling in the distance, then very close by, suddenly we're in a deluge with the lightning striking the forest all around us. The road is a river, and we're hoping it's not much further. Wrong ! The driver tells us there are still three hours to Sibolga. It's already 6.00pm, we have to hope the ferry

skipper hasn't got a hot date waiting for him in Nias, otherwise he will surely be leaving without us.

The rain doubles in intensity, now it's not the road surface that's dangerous, it's the huge holes opening up in a dangerously scary way. When we meet a truck coming the other way we have to move to the cliff edge side to let them pass. I prefer to close my eyes at those moments and trust in the abilities of our driver to get us through.

Eventually, the lights of Sibolga appear in the distance. But, instead of heading straight to the port, our driver goes looking for an agent we can get our tickets from. Noting that we are about to miss the ferry we persuade him to go straight to the port. As we finally arrive at the jetty, the ferry sounds its horn to signal an almost immediate departure. We throw ourselves onto the boat and pay our fares to the first crew member we can find: "No problem sir, you can go".

We climb the stairs to the passenger accommodation as the ferry leaves the harbour. I had just enough time to slip a big tip to our taxi driver, to thank him for getting us to the boat on time; judging by his huge smile I guess I must have chosen the correct bank note. The floor turns out to be a bit hard for sleeping, and the small packets of bar snacks turn out to be our sumptuous dinner for two. But hey, Mission Accomplished ! There is no way I could consider spending another whole day in sunny Sibolga waiting for the next boat. Tomorrow, Friday (I had set off from Lyon on Monday!) I will finally reach Nias. I send a short text message with the good news to David, then it's time for sleep...

As the first light of morning appears I can hear a kind of commotion outside. Many passengers are signalling and shouting to friends and family come to greet the ferry in their small boats. The welcome committee seems very excitable and tries hard to press us into agreeing a three hour taxi ride to Lagundri Bay at some extortionate price. I understand the game, these guys are pretty aggressive with new arrivals, and even I'm close to taking one of them up, just to be able to relax about the last leg of our epic journey. But watching just how hard and fast they start hassling passengers the instant the anchor drops I could see this was a long way from being in any way chilled.

As we're being hassled by yet another one, salvation appears in the form of the driver from the Keyhole Surf Camp. Chase had sent him to rescue us. So, just a few minutes later, Marcus and I are being very happily driven away from all that, destination Lagundri Bay. Just three more hours and we'll be there!

When we arrive at surf camp, Davos is breakfasting: eggs, with an avocado salad. The riders had had their first session as soon as the sun rose. The wave is exactly as we'd seen it on those clips on the internet: it breaks around a coral shelf that is extremely dangerous to walk on. Behind all that, rows and rows of palm trees, the idyllic backdrop for the inevitable magazine/catalogue photos.

Lagundri is a small fishing village with lots of affordable rooms and boarding houses, drawing in surfers from all over the world. At the point of the bay is the Indian Ocean swell rolling in. The result is a near-perfect wave. There are dozens of small children, playing in the water all day long. Mostly they stay on the inside (of the reef), practising some pretty cool aerials on the re-form. Idyllic conditions too, small but perfectly formed, mouth-watering food for the surf warriors on their quads and thrusters.

Davos is more than pleased to see me. It must be said that with his limited grasp of English he can't have found it easy to communicate with Chase and Pete. They, on the other hand, must have wondered what was going on when they first met the rough-and-ready Davos. Davos materialised in their hotel room in Kuala Lumpur, where the three of them





were due to collect their brand new BIC pre-production boards for the trip: “Hello, Davos, no speaking English”.

After that, Davos gave them both barrels in full French as he described his journey to Malaysia, especially the bit where he got totally lost and made 5 return journeys on the underground train linking the two airport terminals. Naturally, the two English speakers understood hardly anything he told them.

They’d found him even more strange when, after a late session on their first day on Nias, Davos had turned up for dinner with his ear plugs still in! But with every passing day, they managed to understand a little bit more about their strange Frenchie friend, enough to have them wondering who in their right minds at Bic could have had the ridiculous idea of producing a “Davos” signature pro-model board ? But that was before they’d seen the man himself in action, charging the huge hollows and waves in his own inimitable style. It was just a question of time.

As I’m wish-washed around in the beautiful water of this stunning bay, I can sense the immense power of the Indian Ocean in each passing wave. I’m out with my trusty camera safe in its watertight shell, paddling out to a spot next to the impact zone, where the surfers are large-ing it in the perfect tubes. I can make out the huts and shacks of the village in the background as the series continue to roll in.

On the water, on his board, Davos is showing his true colours; a couple of paddles and he’s away, sliding at speed across the smooth-as-glass water. He’s careful not to let the wave overtake him, which means fast forward speeds, something that’s not always so easy on a Stand Up. No problem for Davos, perfectly placed after a cut back round the house to nail a huge bottom turn, racing back up the face to smack the lip off yet another one...



This amazing right break was “discovered” in the 70s by a bunch of wandering Aussies including Peter Troy, Kevin Lovett and John Giesel. At that time, finding new waves of this quality was all part of the great surf adventure. But it was impossible then to have the kind of advance swell forecasting we have nowadays, satellites not even capable of showing the full coastline detail. Surfers just turned up “on spec”.

At the time there was still a high risk of catching polio. Since that time, reported cases are much more rare, indeed the locals tell us that this mosquito-borne menace has been eradicated on Nias. Less predictable is the seismographic activity: in 2005 a quake registering 8.7 on the Richter scale caused the disappearance of hundreds of islanders. It was followed by the predictable tsunami that “only” caused material damage.

After all that tectonic movement, the whole reef was seen to have risen by a metre, further improving the already-legendary and sublime right break. Other spots actually LOST their wave at that time. Some (Asu, for example) are only surf-able when a big swell rolls in. Any other time there’s simply not enough water present to be able to surf without serious risk.

We pass many chilled and happy days at Keyhole Surf Camp; surfing, and eating the seemingly endless stream of tasty little dishes concocted by Mama, the camp cook, each more delicious than the one before. We’re lodged on the first floor of a house looking out on to the spot. With each change of conditions we can adapt in the blink of an eye. It’s also very handy for judging the number of surfers already on the spot and avoiding the periods when there are too many.

With the swell starting to diminish, we set off for a trip to another, “secret” spot, called “Secret”. The locals are all well up for joining us. It’s a superb left, well away from any villages, and where hardly any surfers bother to venture. We manage to find a 4x4 van to take all the gear, as far

as a village lost in the middle of the forest. From here we have to follow a clay track leading to the point around which this magnificent left is breaking. Davos, Pete and Chase get their boards etc. out, and something to eat once there. The locals help us carry everything. We’re not travelling in style here. After 40 minutes WALKING we finally hit the spot, shouting in relief and joy.

Chase and Davos are quick to get out into the best sections. Pete, less experienced, stays closer to the fringes. Davos is, as usual, giving it everything, dropping down from the lip to come back frontside and smack that foam, putting on a great show on some ever more impressive sections.

After each session, Davos and Chase swap their pre-production boards between them : two 8’6 boards, a 9’0 and a 9’4. Plenty of evolution in all the 2015 shapes: depth of the single front concave, shape and volume of the rear, all scrutinised in detail to be able to give quality feedback on the latest protos to shaper-in-chief Patrice Remoiville.

We’ve already been in Keyhole for ten days, and seeing as it’s a grey old day today, we decide to go and watch the stone jumpers. This is Nias’ big tourist attraction. The island is renowned for its traditional houses, ancient sculptures and its stone “steles” (immense slabs). The latter have been placed to form a wall in the centre of the ancestral villages. Leaping onto this wall was seen as a ritual preparation for combat or war. For these Indonesian tribes prestige was not inherited. A tribesman had to prove himself with this spectacular initiation-rite jump.

Chase, Davos and Pete get the motorbikes out for this confrontation with the island’s challenging roads, to go and check out for themselves the truth about these stone-jumping warriors. We head for Fahombo. Parking the bikes in front of a little general store, we go in and sit down for a coffee, and very soon the owner is giving us a taste of his coconut alcoholic beverage, a kind of rough spirit that burns the inside of your mouth.





Davos is well taken with this and sinks a few glasses as if it was milkshake. Suitably lubricated, we make our way to the centre of the village to visit the chief's palace. It's a big, dark building on stilts. A traditional construction, which we explore in silence before meeting the man. He's wearing a ceremonial costume, relatively young-looking, short but stocky. He's got the thighs of a rugby player, and his dad is there to collect the monetary patronage required for the jump.

The wall is at least two metres high. Just in front is a smaller stone, a kind of springboard for the jump. While the chief is measuring out his run-up, Davos, Chase and Pete take a step or so backwards to get some perspective on this short but spectacular stunt.

Fast run-up... jump... near-vertical take-off with one leg stretched out in front, the other tucked under his body... body brushing against the wall of stone... then a perfect landing, graceful as a cat. Perfection. Definitely no pain for this man from the many back-slaps of congratulation.

From the village we can see almost the whole of one side of the island. Tomorrow will already be our last day before making the tortuous trek back to Kuala Lumpur.

The forecast says more bigger swell tomorrow, so we make the most of it 'til nightfall. In the end, we managed to find something good to surf on a Stand Up every single day of our stay.

The locals are very welcoming, there's not much arguing when you're on the water (a few aggressive Aussies excepted). Nias is very definitely a great option for Stand Up. The wave is near-perfect and easy to ride, helping you progress all your turn skills. You just have to be sure not to annoy the surfers.

If the question is: is Nias a good Stand Up spot, the answer is categorically yes! Outside the summer season, when the swell can make things pretty radical, Nias is indeed a MUST for Stand Up fans. On a good 9' board with plenty of rocker, suitable for your weight and skill level, you should be able to ride every day and max every single session. An amazing trip to make, I certainly can't say when, but I'm sure I'll be back, to carve my name again in the sublime waters of the Indian Ocean.



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# Essential Viewing...



## The 2015 Red Paddle Co range

### 12'6 Explorer \$1899



The ultimate SUP cruiser. Huge performance + huge stability = huge potential! w: 32" vol: 370L

### 10'8 Ride \$1499



Mega stable yet still massively fun! w: 34" vol: 296L

### 10'6 Ride \$1399



The world's best selling inflatable! Fabulous all-round performance. w: 32" vol: 240L

### 9'8 Ride \$1399



For more throwabout performance and/or lighter riders w: 31" vol: 196L

### Race & Elites



Full-blooded, RSS-assisted thoroughbred racing machines. Fully competitive against boards costing twice the price!

**12'6 Race** width: 28" 320L **\$1899**  
**12'6 Elite** width: 26" 300L **\$1899** **RSS**  
**14'0 Elite** width: 26" 320L **\$1949**

visit your local retailer and take a Red for a test drive now! Find your nearest stockist on the web site or phone 0508 STAND UP

Find out why Red Paddle Co have been the world's best selling inflatable paddleboards since 2010, & why their boards deliver up to 50% more stiffness, performance & longevity than any other brand at

[www.inflatable-paddleboards.co.nz](http://www.inflatable-paddleboards.co.nz)  
[info@red-air.co.nz](mailto:info@red-air.co.nz) 0508 STAND UP



### 9'6 Flow \$1499



Manoeuvrability + stability = the ultimate river board! w: 34" vol: 300L

new for 2015!

### 9'4 Snapper \$1249



A proper high performance SUP for 6-12 year olds. w: 27" vol 170L

### 9'2 Surf Star \$1349



The most radical inflatable SUP ever created! w: 30" vol: 160L

new for 2015!

### 11'0 Sport \$1499



Speedy & stylish, but fun & family friendly tool w: 30" vol: 300L



As discussed in last month's Inflatable SUPDATE, inflatable paddleboards are taking an ever larger share of the SUP board market worldwide, and certainly the strong early season sales in New Zealand this year are indicating that we're very much onside with the global trend. So if you're in the market for an inflatable, how do you know what to choose?

While virtually every brand is now offering inflatable paddleboards, there are actually only a handful of factories manufacturing them – the biggest producers are making the boards for many dozens of different brands! Consequently, there's often very little difference between many of the models available; other than colours and graphics, the construction technique and fabrics are pretty much identical. However, there is a very big difference between the construction techniques used by the various factories – each manufacturer tends to have a 'signature' method of building an inflatable board, and some methods are rather more rudimentary than others. The difference between the best and worst inflatables on the market is actually much greater than the difference between the best and worst solid boards!

The most important aspect in creating a good inflatable board is getting sufficient stiffness into the design. The stiffer the board, the better the performance! There are four ways of getting stiffness into an inflatable board.

**AIR PRESSURE:** The more air inside, the more rigid the board will be. In practice the gains become increasingly small once you get much above 25psi, but the difference between a board at 10psi and one at 20psi is dramatic. However, building an inflatable board that can hold such colossal internal pressures is a big challenge, which is why most of the low-budget boards can't be taken above 12-15psi, and will thus always suffer on the stiffness front.

**THICKNESS:** Increasing the thickness (distance between the top and the underside) makes a board significantly stiffer, so many inflatable manufacturers now make their boards 150mm thick to give it more rigidity. However, there are significant negative side effects to increasing thickness, not least that a thicker board needs more air to fill it (i.e. a whole lot more pumping!), but also because the board sits much higher on the water, and if it also has a turned-up nose there's a whole lot more windage. (Boards with high noses (that 'Turkish slipper' look) tend to flex more in the middle, too). Plus which, those big slab sides make it much less ideal for surfing or indeed any sort of manoeuvring. Thick inflatables are thus best suited for racing or touring, if used in conjunction with a decent fin, rather than as general purpose all-rounders.

**WIDTH:** The wider the board, the stiffer it is. However, excess width (i.e. using a board wider than you actually need) creates a lot more drag and is harder to paddle with proper technique, so the width still needs to be right for the board's intended use and rider weights.

**ADD-ON STIFFENING SYSTEMS:** While several brands have attempted to address this concept, the Red Paddle Co Rocker Stiffening System is the only one that has really worked. It adds nearly 50% extra stiffness to the board, and won the prestigious SUP Innovation Award at Paddle Expo 2014. Not surprisingly, Red have patented the concept and won't be releasing it to any other manufacturers, as it really does make a huge difference in performance, especially for inflatables focused towards surfing, where keeping the board thin is vitally important for grip, and of course for raceboards, where stiffness matters hugely to performance. The results can clearly be seen on the race courses, where Red raceboards are very much at the front of the fleet. Find out more about the RSS system and a whole lot more information about inflatable SUP construction at [www.inflatable-paddleboards.co.nz](http://www.inflatable-paddleboards.co.nz)

So if you're looking for an inflatable SUP, even if it's just for the family to mess about on, it pays to choose a board that offers plenty of stiffness, particularly if it's for heavier riders. There's no reason why an inflatable SUP shouldn't give an entirely 'authentic' paddleboarding experience, and feel and perform exactly the same as a 'solid' SUP so that if you're on your inflatable and you're paddling alongside someone on a solid board, there's really no appreciable difference. This is what the top inflatable brands like Red Paddle Co are delivering, and the results speak for themselves.





SurfSUP Whangamata has everything to offer this summer. SurfSUP is an independent Stand Up Paddleboard company based in the heart of the Coromandel. Being one of the first SUP companies in New Zealand, and having highly qualified SUP instructors we provide the best service possible to our customers.

- ASI Level 3 qualified Stand Up Paddleboard instructors.
- Personalized island and coastal tours
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- For school groups, corporate groups, parties and more.
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- Also available, kayak and bike hire (beach cruisers, fat bikes and tandems)
- Hour by hour hire, or a full day of fun- we have an SUP activity that will suits everyone.

With the beautiful setting of the Coromandel estuaries and coastline, Whangamata is one of the best places to SUP, so come give it a go.

100 Hunt Road, Whangamata

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# BUYING a board

Words by Bill Dawes | Image by Sean Davey

Stand-up Paddleboarding is a very simple sport, equipment-wise. You need a board, a paddle and if you're going out in the waves, a leash and some sun protection. If you're going to hit the water in the winter or spring or planning on surfing, you should invest in some rubber-wear too. And that's pretty much it! So let's have a look at how to choose your board...

## BUYING YOUR FIRST BOARD

When you first start thinking about buying a paddleboard, the sheer variety of board shapes, sizes, styles and colours on offer can seem pretty daunting. However, many of the boards out there are specialist designs and not appropriate for a first time purchase, so fortunately the choice is actually rather more simple. For your first board you don't want to be looking at anything specifically designed for racing, surfing or river-riding – even if one of these areas is where you want to end up specialising. You need to master the basics on an all-round board, which, if you choose well, will actually be fine for your first forays into racing/surfing/rivers anyway if you do intend to specialise. And it will always be a great fall-back board for those times when the conditions aren't right for your specialism, but you just want to go for a paddle, or take friends/family out.

The best bet for all first time SUP board purchases is an all-round SUP board. Something that is stable, comfortable and easy to cruise on, sufficiently versatile in shape to be fun in small surf or rivers, and/or absolutely fine for competing in the 'surfboard class' in your local race fleet.

Every SUP brand has all-round boards in its range, usually in several different shapes and sizes. To understand which will be right for your particular requirements, the first thing you need to do is decide what those requirements are. What are you wanting the board to do, and who will be using it. (The weight of the riders will play a large part in determining what size of board to go for) And then you need to understand the numbers:

## UNDERSTANDING THE NUMBERS

There are four main parameters to consider when choosing a board:

**Board length:** This number gives a good idea as to what the board has been designed to do. In general: The shorter the board, the more manoeuvrable it is, while the longer the board, the more directional it is, and the better the 'glide'. Anything much shorter than 10' is primarily orientated towards manoeuvring (surfing or rivers), while boards longer than 12' are very directional, and about distance and racing. Boards in the 10'-12' range are generally all-rounders, offering a good mix of straight line and turning performance.

**Board volume:** This only really becomes important when considering very high performance surfing boards, which can be extremely small. Unless you are extremely heavy, then any recreationally-orientated paddleboard will have way more volume than you need to float you, and that's really all that matters. (Don't confuse volume with stability – there is actually no direct correlation between the two. If you want to gauge how stable a board is, look at the width.)

**Board width:** This number tells you a great deal about the stability a board will offer. The wider the board, the more stable it is. However, that doesn't mean you should just choose the widest board possible – excess width becomes drag, and also makes it difficult to paddle with proper technique. As some general ballpark figures for all-round boards, if you're 70kg or more, look for something with at least 30" of width. 90kg+ riders should go for something 32"+, and riders over 110kg something wider still. Too narrow a board will definitely make your life very difficult, particularly in the early stages of mastering the sport.

**Board thickness:** This is particularly relevant with inflatable SUPs, where many manufacturers use thickness to increase the rigidity of the board. However, there are some nasty side effects from doing this. Thicker boards have more windage, less grip, much less surf suitability – and of course take a lot more pumping up! Just as with most solid boards, the ideal thickness for a good all-round board is 100-120mm thick.

## MAKING YOUR CHOICE

Now you understand the numbers, you can start thinking about what sort of all-rounder to go for. The width of the board should be determined by the weight of the heaviest rider that will be using it. The length should be based on where you see the most use occurring. For example, if you are keen to get into the surf as soon as possible, then it'd make sense to start out with a fairly shortish all-rounder, as this will surf nicely too. If you're not going anywhere near the surf but intend to cruise and maybe ultimately race, then get something at the longer end of the all-rounder spectrum. If you're wanting something with huge stability, maybe for use for SUP fishing, or as a second tender for your boat, then add a bit of extra width to the equation.

Next up, have a read of the construction options section and decide what will be best suited to your needs. If you're looking for an all-rounder for the family (particularly with younger kids involved), you have storage/transportation issues or you're looking to keep it on your boat, then an inflatable may be the best option. If you're aiming towards surfing then an epoxy/composite board might be a better bet. Talk it through with your retailer, demo some kit, try stuff out. See what works for you.

And then – get out there and enjoy it! You won't regret it. Whatever avenues you choose to explore with the sport, you'll find it extremely satisfying and fulfilling, and you'll always be always wanting more. New Zealand is blessed with more miles of coastline than mainland USA, and has some incredible inland waters to explore too. Paddleboards are the perfect craft for making the most of it all. See you on the water!





Glide Industries (NZ) Ltd.  
0800 242 776  
[www.bicsup.co.nz](http://www.bicsup.co.nz)  
[info@glideindustries.com](mailto:info@glideindustries.com)



Our 10'6" Ace-Tec is designed as an all-round performer for riders up to 80kg and as a performance surf SUP for riders up to 100kg.

**10'6" ACE-TEC ORIGINAL**  
10'6" x 31.5" x 4.5" (12kg) 185L  
\$1499.00



Our 10'6" Ace-Tec is designed as an all-round performer for riders up to 80kg and as a performance surf SUP for riders up to 100kg.

**10'6" ACE-TEC PERFORMER**  
10'6" x 31.5" x 4.5" (12kg) 185L  
\$1649.00



Our 11'6" ACE-TEC is an ideal all-around SUP for novice riders up to 120kg and will perform in the surf zone for more advanced paddlers up to 150kg. Its substantial volume and width offer excellent lateral stability without compromising performance.

**11'6" ACE-TEC ORIGINAL**  
11'6" x 32.5" x 4.75" (13.5kg) 215L  
\$1599.00



The new CROSS performs great in all types of conditions, particularly inland lakes and calm sea conditions, and offers a perfect platform for all-round family fun, cruising, fitness & yoga.

**10'0" ACE-TEC CROSS FIT**  
10" x 33" x 4.75" (12.5kg) 195L  
\$1749.00



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The 11' WING is a Touring SUP designed for fitness paddling, flat-water cruising, open ocean touring and recreational racing. It's geared towards small and medium sized riders looking for a board with excellent glide that is versatile and easy to ride.

**11'0" ACE-TEC WING**  
11'0" x 29" (12.5kg) 220L  
\$1799.00



The 12'6 WING is a Touring SUP designed for fitness paddling, flat-water cruising, open ocean touring and recreational racing. It's aimed at medium and larger riders looking for a board with excellent glide that is versatile and easy to ride.

**12'6" ACE-TEC WING**  
12'6" x 30" (15.5kg) 285L  
\$1899.00



A great option for anyone looking for a portable, compact board, the SUP AIR series features best-in-class performance thanks to their rugged 6" thick drop-stitch construction, a 15psi inflation limit and stable, efficient shapes.

**10'0" SUP AIR ALROUND**  
10'0" x 30" x 6" (9kg) 200L  
\$1399.00



A great option for anyone looking for a portable, compact board, the SUP AIR series features best-in-class performance thanks to their rugged 6" thick drop-stitch construction, a 15psi inflation limit and stable, efficient shapes.

**11'0" SUP AIR TOURING**  
11'0" x 32" x 6" (10.4kg) 280L  
\$1499.00



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Extra fast, real stable and great tracking. For paddlers up to 105kg that want the most possible speed out of an easy to ride board. Also good for endurance racing, as the stability and comfort help you retain energy.

**ELITE TOURING WOOD**  
 14'0" x 30" x tail width 14.7" 249L  
 \$2299.00



Starboard's magic all-water racing board for riders <105kg. Lower rocker and enhanced bottom concaves create a fast, stable board that allows more strokes per side, improved acceleration into bumps and easy connection to the next wave. More speed, less effort.

**ALL STAR CUSTOM GLASS CARBON**  
 12'6" x 28" x tail 17.4" 269L  
 \$2799.00



"Maximum performance in minimum conditions." A larger version of the highly regarded Air Born range for maximum shredding in smaller surf. Thin rails and profile (thickness) combine with the width for a stable yet sensitive and highly responsive ride.

**AIRBORN 8'8 CARBON**  
 8'8 x 31.5" x 3.7" 123L  
 \$3299.00



The first inflatable SUP with a cool window to view the sea bottom. The extra-stable hull shape makes it possible for several people to explore the underwater world. The perfect summer toy for "kids" of any age.

**ASTRO EXPLORER**  
 11'2 x 40" x 6" 405L  
 \$2299.00



PERFORMANCE VS. STABILITY IS NOT AN EITHER/OR PROPOSITION  
At Laird StandUp, our design emphasis is on shaping stand up paddle boards that deliver the ultimate stand up paddle board experience. We believe that boards can be shaped to accommodate all levels of paddlers, while exceeding all expectations for stability and performance!

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Light and responsive. Fast and loose. Maintains momentum in small-to-medium sized waves. EPS-HP construction / Lightweight, high-performance construction featuring a 1.5 lb expanded polystyrene (EPS) core and the highest quality resin and fiberglass. 4 Side Fins and 1 Center Fin. Also available in 8ft.

**FIRE FISH EPS-HP**  
8'6" x 28 1/2" x 4" Volume (Lt) 100  
\$1899.00



A modified version of the Surfer, designed for high-performance maneuverability. A strong, vacuum-bag composite construction with a 1.5 lb EPS core, the highest quality resin and fiberglass. Additional PVC or bamboo veneer for strength and durability. 4 Side Fins and 1 Center Fin. Also available in 9ft and 10ft.

**SURFER 9 6 HYBRID BAMBOO**  
9'6" x 28 5/8" x 4" Volume (Lt) 110  
\$2149.00



The original Laird-Pearson shape represents the state of the art for all round, high-performance surfing, and are our most popular boards worldwide. The unique template with a low-entry nose and rounded pin-tail, accelerates beautifully, and is incredibly maneuverable. Also available in 9', 9'6", 10'6", 11', 11'6", 12', 12'6"

**SURFER 10FT BAMBOO**  
10' x 29' x 4 1/8" Volume (Lt) 130  
\$2199.00



The unique template with a low-entry nose and rounded pin-tail, accelerates beautifully, and is incredibly maneuverable. A strong, vacuum-bag composite construction with a 1.5lb EPS core, the highest quality resin and fiberglass, and additional PVC or bamboo veneer for strength and durability. 4 Side Fins and 1 Center Fin

**SURFER 10 6 WIDE BAMBOO**  
10'6" x 32" x 4 1/8" Volume (Lt) 150  
\$2249.00

# Pure Surf



## Carve

A performance paddle board for aggressive riding, the Carve will help you push your limits in the surf. The single to double concave bottom shape through your stance area is grippy, smooth and fast. A lower entry nose rocker, flows smoothly into the paddling area and continues into a relatively aggressive tail rocker for quick radical transitions.

Length	Width	Tail @30cm	Volume
8'0"	28.5"	17.5"	100L
8'4"	29.5"	18.5"	120L
Quad or Thruster options with 5 FCS2 fins Dynamic flex carbon sandwich layup Integrated Stability Deck (ISD) Super grippy deck pad Double leash plug Windsurf mount			
RRP \$2895		Exclusively from Ocean Outfitters	

## Glide

An all-round wave board that's easy, stable and fast to paddle, with a shining spark in its manoeuvrability. Nose rocker has a lower entry for ease of paddling and a very constant glide. The bottom transitions from single to double concave, then into V for an agile and manoeuvrable board. Glide is the go to board for cruising and small waves.

Length	Width	Tail @30cm	Volume
8'6"	32"	19.2"	130L
8'8"	33"	19.6"	143L
8'10"	34"	19.9"	162L
Thruster comes with 2 FCS2 fins + 1 MFC Glass fin Dynamic flex carbon sandwich layup Integrated Stability Deck (ISD) Super grippy deck pad Double leash plug Windsurf mount			
RRP \$2795		Exclusively from Ocean Outfitters	



sales@exitsurf.com | www.surftech.com



Al Merrick, himself an avid paddle surfer, designed the Caddie for good stability in open water paddling while allowing for easy maneuverability in the surf. Al has added rocker that enhances maneuverability but still allows a nice clean track while paddling and surfing. The design incorporates a slight bump near the front fins to make it turn even quicker when you need to without sacrificing stability.

**CHANNEL ISLANDS 9'7" CADDIE**  
9'7" x 30" x 4 1/4" Volume (Lt) 144  
\$1999.00



Great for larger paddlers or those trying stand up paddling for the first time, The 10'6" Universal SUP is a recipe for success! Featuring a completely built in soft EVA deck pad for superior traction and grip along with an ergonomic carry handle.

**SURFTECH 10'6" UNIVERSAL**  
10'6" x 31 1/2" x 5" Volume (Lt) 206  
\$1595.00



The wide center and full rails provide great stability for entry level paddlers just getting started or those looking to pack a dry bag for a day trip down the river. The narrower rounded pin-tail design and moderate tail rocker provides effortless maneuverability when riding waves.

**SURFTECH 11'6" GENERATOR**  
11'6" x 31 1/2" x 4 1/2" Volume (Lt) 189  
\$1595.00



The 14' BARK Stand Up Dominator is the 'practical' distance and race board. Light and responsive, this downwind and flat water model is suited to novice and expert paddlers alike. Sleek, stable and quick, with a width of 26 to 30 inches, the Dominator is Joe's most popular Stand Up board. Comes only in Elite construction with partial carbon fiber.

**BARK 14' DOMINATOR RACE**  
14' x 28" x 7 2/5" Volume (Lt) 285  
\$2995.00



Fanatic is an iconic brand founded in 1981. With three decades of Board riding history under our belt, we have been on the scene since day one. We are the pioneers of innovation and design, making us one of the world's leading brands. We pride ourselves on constant evolution, bringing this to life through the creation of new concepts, ideas, and technological standards. Our boards are ridden not only by World Champions, National and Local Heros, but also, more importantly, by you, our valued customers sharing our Addiction to Ride!

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Watercooled Sports – Dunedin: 03 479 2206



The concept of the AllWave enables the board performance for all SUP riders, performing remarkably well in all conditions. Whether you're looking to catch your first wave or advance into larger surf, through its balanced shape, this range is undoubtedly the ultimate tool for enjoyment, ease and progression.

#### ALLWAVE

Featured is the 8'3" AllWave LTD model



A SUP that fuses stability with performance, the Ray will take you anywhere effortlessly under paddle. Newcomers and advanced paddlers alike will revel in this stylish looking cruiser on lakes or on the sea.

#### RAY

Featured is the 12'0" RAY WE model



The quintessential range for kicking off a SUP passion, the Fly All-round shape comes in a broad range of sizes, accommodation every individual's needs and expanding your watersports horizon. A flying start to paddle in style.

#### FLY

Featured is the Fly HRS 10'6"



Whether you are looking to shred the swell or improve maneuverability, an impressive performance is given by the Fly Air regardless of the conditions. Great attention to detail has been taken to ensure easy inflate/deflate, Comfortable transport and exceptional optics unmatched within the industry.

#### FLY AIR

Featured is the 10'6" model

# CUSTOM made

By Steve Morris

There aren't many items in today's world that are still handmade and can be customized to your personal taste, hand crafted Paddle boards are one such product. With the explosion of Stand up Paddling the production boards have catered to the rapid demand and in most cases the range of boards offered by various manufactures meet the needs of most people.

## Have you been paddling for some time? Now are looking to update your equipment?

The boards you're looking at aren't quite wide enough or too wide, too short, too long? The volume to length and width ratio are not quite what you're looking for and this seasons graphics don't appeal? If you find yourself making compromises then it's time to talk to a shaper and get something made specifically for you. The custom made process can be quite scary for a lot of people, after all what else in your life do you custom order? With today's technology it's possible to communicate from anywhere, the more information you can share the better it all helps in making a magic board.

The main feedback from shapers making custom made boards is that **many people over state their ability.**

First rule of custom is to **be honest about where you are at** and where you want to go – what's this board going to do for you, what are your goals? Once you've figured this out the rest is more about filling in the boxes and weighing up the pro's and con's of a particular design and tweaking it to your needs. A good shaper can talk you through the technical terms and turn it all into a functional shape.

Most top shapers use computer board design programs which enables precise volume calculations and the board can be viewed in 3D so the customer and shaper can work on the design.

Start with your current board, **what's good about it and what is not so good?** You might have ridden a friends boards and loved or hated it. This feedback is vital for a shaper to paint a picture in his mind of the expectation of the finished product. Choose a shaper who has made a reasonable number of boards and is busy, there's a reason - he's good.

Once the shape is determined the shaper will be able to help you through the construction process and guide you through the various materials used, colour options and graphics.

Generally custom made boards are crafted by a small team of dedicated experts in foam and composite construction. Given a few weeks you will be picking up your board and another exciting journey will begin! Riding it!



**Steve Morris** Shaper / Business Manager  
Mobile 021 994 916

[www.morris-surfboards.co.nz](http://www.morris-surfboards.co.nz) | [www.youtube.com/user/morrissurfboardsnzTV](http://www.youtube.com/user/morrissurfboardsnzTV)



Performance Wave Surfing Sup. Epoxy construction. Sharp hard bottom edge through the tail gives the board drive and release while the deep single concave provides lift and a very stable paddle. Modelled off our proven shortboard surfing designs.

### MORRIS SQUARE TAIL

8'0 x 29 1/2 x 4 1/2 Vol = 106L  
8'2 x 30 x 4 5/8 Vol = 112L  
8'6 x 30 1/2 x 4 11/16 Vol = 123L



Performance Wave Surfing Sup. Epoxy, Carbon Vector net construction. Sharp hard bottom edge through the tail gives the board drive and release while the deep single concave provides lift and a very stable paddle.

### MORRIS R-SERIES

8'2 x 29 1/2 x 4 1/2 Vol = 115 L  
8'6 x 30 1/2 x 4 1/2 Vol = 127 L  
9'0 x 31 1/4 x 4 11/16 Vol = 140 L  
9'2 x 32 x 4 3/4 Vol = 149 L



This board surfs unreal. Paddles fantastic. It's a great introduction to wave surfing will still maintaining a certain flat water appeal. Perfect for those getting into wave riding but also wanting the versatility of flat water exploring.

### MORRIS FRIENDS

8'0 x 30 1/4 x 4 7/16 Vol = 115 L  
8'4 x 31 x 4 9/16 Vol = 128 L  
8'7 x 31 1/4 x 4 11/16 Vol = 137 L  
9'0 x 31 x 4 3/4 Vol = 14



Designed to be super easy to paddle and explore. It's made for flat water and loves it. Stability and ease of use are two words I'd use to describe it. Modelled of our traditional longboard templates this board has a wide nose and full template which overs stability and a cruisy feel.

### MORRIS FLAT OUT SUPO

10' x 31 x 4 1/4 Vol 160 L  
11 x 32 x 4 3/4 Vol 216 L

# SUP

## plement gear guide

KIALOA//GL Surf "The Gerry Lopez Model" \$579.00  
www.gaastra.co.nz



RED//11 Sport \$149.90  
New for 2015, Red Paddle Co's patented RSS stiffening system gives this sleek 11'0" x 30" cruiser near-race board performance, but without the size, windage and extra volume (and pumping!) of inflatable raceboards. From your local retailer.



BIC//11ft SUP Coil Leash \$59.00  
Carrying a lifetime guarantee for workmanship and raw materials for 6-months from date of purchase, our leashes are great quality at a reasonable price.  
www.bicsup.co.nz Ph. 0800 242 776



STARBOARD//Magic Bag  
Inflatable SUP backpack  
FREE with ANY Astro board purchase. Twin roller wheels, 2.5cm thick back support and comfortable belt strap, strong non-corrosive zipper and a multitude of reinforcements. The durable and innovative choice for serious travellers.  
www.star-board-sup.com



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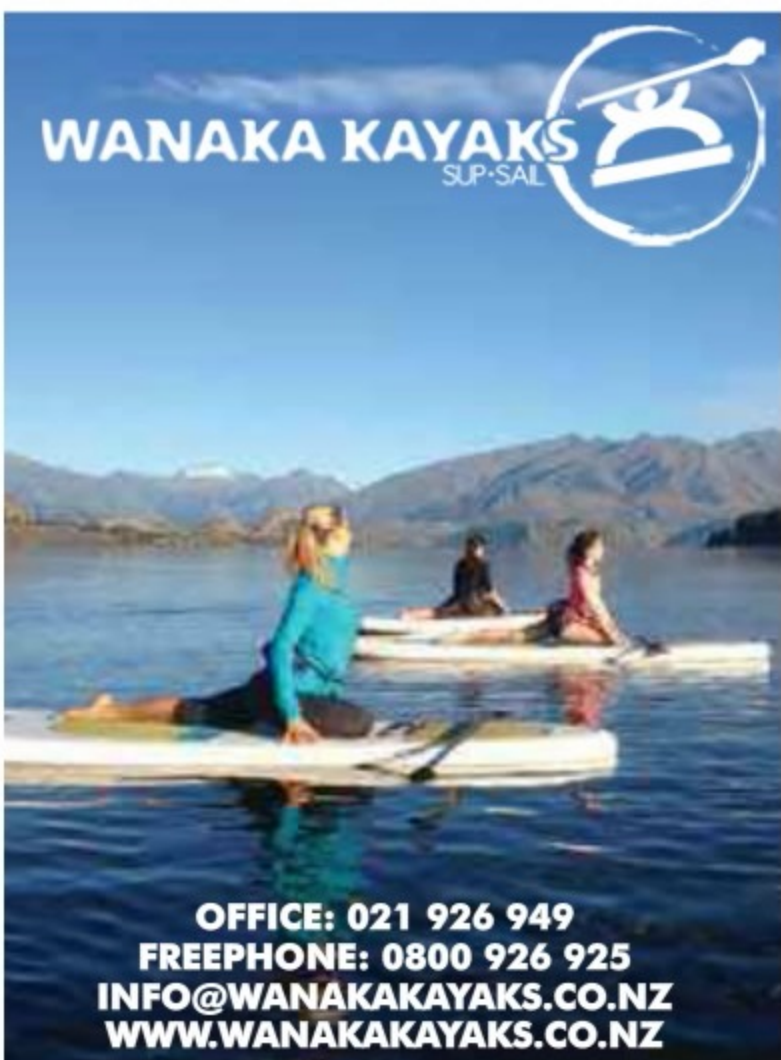
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